

Packing List Suggestions

WORKOUT GEAR

- Required practice attire:
 - 6 Practice Leotards for girls
(Girls are welcome to also wear workout shorts, leggings, and/or fitted training t-shirts over their leotard)
 - 6 T-Shirts & Shorts for boys
- 2 Sweatpants
- 2 Sweatshirts
- Water Bottle
- Other Gymnastics Gear your camper normally uses, including tape, grips*, tiger paws, other braces, etc.

**Grips are not required, but may be helpful due to the volume of training. Talk to your home coach as to what type of grip may be appropriate for use at camp.*

TOILETRIES & ACCESSORIES

- Toothbrush
- Toothpaste
- Shower Caddy or Basket
- Soap or Shower Gel
- Shampoo / Conditioner
- Brush / Comb
- Hair Care Products / Accessories used normally (e.g., hair bands, hair spray, hair dryer, etc.).
- Deodorant
- Hat
- Sunscreen
- Insect Repellent

GENERAL CLOTHING

- 7 T-Shirts
- 7 Shorts
- 3 Swim Wear
- Sleep Wear
- 7 Underwear
- 7 Pairs Socks
- 1 Pair of Flip Flops/Sandals/Crocs
- 1 Pair of Sneakers (required for Scary Aerie Climbing & Ropes Course)
- 1 Pair of Sweatpants or Full Knee Length Shorts (required for Scary Aerie harness)
- Rain Jacket or Poncho
- Light Jacket for evenings or cold days

LINENS & BEDDING

- 1 Pillow & Pillow Case
- 1 Fitted Twin* Sheet
- 1 Sleeping Bag or
1 Flat Twin Sheet & 1 Blanket/Comforter
- Pool Towel(s)
- Shower Towel(s)

**For our international campers, "twin" size bedding is similar to European/Pacific "single" size bedding.*

DO NOT PACK:



- cash or valuables
- irreplaceable, expensive, or sentimental items
- food (incl. candy & gum)
- electronics (incl. cameras, phones, tablets, etc.)