

## **What To Bring:**

- Full hockey gear and sticks
- Water bottle
- Clothing appropriate for physical activity – shorts, t-shirts, sweatshirt, sweat pants and a good pair of running shoes.
- Towels for bathing
- Toiletries & personal items
- Sleeping bag **or** twin sheets, a lightweight blanket, pillow.
- Fan (**Recommended**)
- Spending money (average \$50.00-\$75.00 per week).
- Roller blades (**Optional**)
- Alarm clock
- Inexpensive wrist watch
- Sun screen
- Bug sprays (**Optional**)
- Bedside flashlight (**Optional**)