**Suggested Player Packing List**

**For Football Team Camp**

Bible

Any medication required (in ziplock bag w/name on it)

Helmet & mouth guard

Shoulder Pads

Practice Jersey

Practice pants, belt, and all pants pads

Cleats

Water Bottle

Sunscreen

Insect Repellant

Swim Trunks

Bath Towel

Swim Towel \*\*

Tennis Shoes

Personal Hygiene

Soap

Shampoo

Toothbrush

Toothpaste

Washcloth \*\*

Razor (Shave Cream) \*\*

Gold Bond (for Chaffing) \*\*

Underwear

3-4 pairs of sport shorts

4-5 pairs of Socks

4-5 T-Shirt’s   
Sleeping Bag or twin sheets & blanket

Pillow

Shower shoes (for safety reasons, NO barefeet in the shower or walking around the camp)

Notes:

Electronic items: Player’s are encouraged to leave them at home. There will be no time to use them and no secure location to keep them while player’s are training. In addition, cell phone coverage is very limited. Player’s will not have cell phones w/them while training (see permission slip for contact phone numbers).

Please mark all necessary items w/player’s name.

\*\*optional items