

# Summer Sports Camp

## Packing Checklist

Date: \_\_\_\_\_ Destination: \_\_\_\_\_

### BASICS/FOOD

- Water Bottle
- Sports Drinks/Powders
- Water
- Granola Bars
- Apple Sauce
- Gummy Candy
- Healthy Snacks
- Single Serve Food

### IMPORTANT

- Cash
- Phone
- Air pods
- Medicine or Vitamins
- Favorite Stuffed Animal
- Fan

### ENTERTAINMENT

- Sunglasses - sports
- Books
- Deck of Cards

### CLOTHES

- Sweatshirts
- Rain Jacket
- Shorts
- T-shirts
- Tank Tops
- Underwear
- Sports bra
- Pajamas
- Jacket
- Socks (bring extras)

### SPORTS GEAR

- Pads/Goalie equip
- Stick/ball
- Mouth Guard (2)
- Airpods

### SHOES

- Sports shoes
- Flip Flops
- Sneakers

### TOILETRIES

- Toothbrush
- Toothpaste
- Dental Floss
- Deodorant
- Shampoo
- Conditioner
- Bodywash
- Facewash
- Wipes/Hand Sanitizer
- Sunscreen
- Moisturizer
- Body Lotion
- Hair Brush
- Hair Dryer
- Personal Hygiene
- Hair Ties

### NOTES:

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