

Packing List for Summit Team Wrestling Camp

- Towel or 2
- Wrestling Shoes
- Walking around shoes
- Sleeping bag and Tent
- Pillow
- 4-5 sets of workout gear:
 - T-shirts/shorts/socks//compression shorts
 - Try to avoid shorts with pockets
- Water bottle
- Warmer clothes in case of a cold at night (jacket, sweat pants, wind pants, etc.)
- A set of everyday clothes for going home in.
- Personal training/support equipment (e.g.. knee brace, ankle brace)
- Antibacterial soap or body wash
- Toothbrush toothpaste
- Cell Phone and charger
- Headgear
- Kneepads (for just in case)
- Mouth guard (especially if you have braces)
- Tube of Vaseline or other antibiotic ointment (for abrasions / skin chafing)
- Money for Food for the 3 days
- Spending Money at stops for snacks or other items

What will be paid for

- \$50 of camp fee (wrestlers responsible for \$100)
- Gas money for all drivers
- Camping fee

What not to bring

- Prescription Medication without a written note from parents
- Valuable things that you do not want to get taken, necklaces etc
- T.V's and video games (we will not have a way to play them)
- Energy Drinks/supplements