

# UNT SOCCER CAMP CHECK LIST

## For the Dorm

- All bedding (sleeping bag/pillow or sheets/blanket)TWIN XL bed
  - The AC can get cold at night/Fridges are not included
- Towels and shower shoes
- Toiletries/Personal care items (Baby powder/Vaseline)
- Alarm (we will wake...of course)
- Shoes to wear to meals in Cafeteria (no pajamas to meals)
- Practice shirts/shorts/socks for 8-10 soccer sessions
- Plenty of sports bras/undies/socks to change 1-2x per day
  - Encourage your child to change after every practice session
- Pajamas/long-sleeve or sweatshirt if cold at night in dorm
- Swim suit and swim towel. We will have 1 session of pool time
- Water/Gatorade/snacks for room or between meals
- Small amount of cash/change for vending snacks or pizza
- Please let the trainer know at check in if you have medicine that needs to be administered.

## For the Field

- Sunscreen/Bug spray/Lip sunscreen
- Frogto or small rag for cooling down
- Water jug (we will have water and Gatorade at all fields)
- Soccer ball/Shin guards/soccer socks
- Tennis shoes/Indoor shoes
- Bag that is easy to carry. I would suggest a light backpack not a duffle to go back and forth from fields
- Goal keeper gloves if GK

**Soccer Camp Here We Come  
Go Mean Green!**