

**SOPA/SOYO MULTI-SPORTS TRAINING CAMP, ANTIOCHIAN VILLAGE, BOLIVAR, PA**  
**PACKING LIST**

Name \_\_\_\_\_ County \_\_\_\_\_

\* Please enclose this packing list in athlete's suitcase with any specific quantities or details to help pack for home.

\* Please mark athlete's personal items (towels, clothes, toiletry containers, etc...) with last name and county for easy ID.

**MEDICATION FORM:**

■ PLEASE fill out the Revised Medication Form only if there are any changes from what was submitted with your application. (A Medication Form is required for all athletes and SOYO Coaches under 18 whether they are on prescription medications or not!)

■ PLEASE put medication(s) in its original and labeled pharmacy container(s) and the medication form in a plastic zip-lock bag.

■ PLEASE give bag to the accompanying Head Coach or Chaperone. Upon arrival at the camp, the Chaperone should give medication and form to the Medical Staff at registration.

**TOILETRIES:**

- \_\_\_\_\_ Soap \_\_\_\_\_ Toothpaste/Toothbrush
- \_\_\_\_\_ Shampoo \_\_\_\_\_ Hairbrush/Comb
- \_\_\_\_\_ Deodorant \_\_\_\_\_ Razor/Shaving Cream
- \_\_\_\_\_ Insect Spray/Avon Skin So Soft (**EPA- insect repellent**)
- \_\_\_\_\_ Sunscreen/Suntan Lotion (*SPF 30+, PABA Free*)
- \_\_\_\_\_ Lip Screen/Lip Balm (*SPF 30+*)
- \_\_\_\_\_ Aloe/Solarcaine
- \_\_\_\_\_ Hair Dryer/Curling Iron
- \_\_\_\_\_ Feminine hygiene items

**CLOTHING:** (Adequate supply for 7 days):

- \_\_\_\_\_ Jacket or Sweater (it gets cool in evening)
- \_\_\_\_\_ Sweatshirt and Sweatpants
- \_\_\_\_\_ Shorts
- \_\_\_\_\_ T-shirts (white/light colors preferred-short sleeved)
- \_\_\_\_\_ Socks
- \_\_\_\_\_ Underwear (at least 8 pair)
- \_\_\_\_\_ Athletic Supporter/Athletic Bra
- \_\_\_\_\_ Jeans
- \_\_\_\_\_ Pajamas (*robe optional*)
- \_\_\_\_\_ Tennis/Athletic Shoes (must have 2 pair)
- \_\_\_\_\_ Turf/Court Shoes (*optional*)
- \_\_\_\_\_ Shoes other than tennis shoes
- \_\_\_\_\_ Shower Thongs and/or Deck Shoes (Swimmers)
- \_\_\_\_\_ Swim Suit (*Female-1 piece only, Males-trunk style*)
- \_\_\_\_\_ Rain Gear (*Poncho, Coat, Umbrella*)
- \_\_\_\_\_ Hat or Visor
- \_\_\_\_\_ Clothes Hangers (*optional*)

**MISCELLANEOUS:**

- \_\_\_\_\_ Pocket Change (*\$2/day limit for soda/candy/ice cream at the Gimme Shop – put in money envelope*)
- \_\_\_\_\_ \$ for Souvenirs at Camp Store
- \_\_\_\_\_ Flashlight (*with new batteries*)
- \_\_\_\_\_ Nightlight (*optional*)
- \_\_\_\_\_ Baseball Glove (*include name on glove*)
- \_\_\_\_\_ Fanny pack / Backpack / Sports Duffle Bag
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Portable Fan (*optional - COACHES ONLY!*)
- \_\_\_\_\_ Clothes Line (*optional - COACHES ONLY!*)

**SPECIAL ITEMS:** (*all items are optional*)

- \_\_\_\_\_ Wednesday – Back Pack to take Swim Suit and Towel to IDLEWILD & Soak Zone Park
- \_\_\_\_\_ Thursday Movie Night - PJ's/Robe (appropriate for mixed company)
- \_\_\_\_\_ Outfit for Farewell Dance
- \_\_\_\_\_ Campfire – Blanket to sit on.
- \_\_\_\_\_ Friday Dance – Wear something Red, White and Blue!

**BEDDING:**

- \_\_\_\_\_ Sleeping Bag (*necessary*)
- \_\_\_\_\_ Sheets/Extra Blanket (*optional*)
- \_\_\_\_\_ Pillow/Pillow Cases

**PLEASE DO NOT BRING:**

- \_\_\_\_\_ Valuables (*Jewelry, etc*)
- \_\_\_\_\_ Radios, CD Players, etc...
- \_\_\_\_\_ Food or Candy (*not allowed in cabins*)
- \_\_\_\_\_ A large sum of \$
- \_\_\_\_\_ Alcohol, cigarettes, chewing tobacco, or other nonprescription drugs (*not on Rx form*)
- \_\_\_\_\_ **A Bad Attitude!!!**

**TOWELING:** (Adequate supply for 7 days)

- \_\_\_\_\_ Bath Towels \_\_\_\_\_ Washcloths
- \_\_\_\_\_ Hand/Face Towels \_\_\_\_\_ *Towels dry very slowly in the damp campground!*
- \_\_\_\_\_ 2 Beach Towels

# Things to keep in mind while packing

While camping and sports training is of its nature informal, modesty and sports training should be your guiding principle when packing. Excessively revealing clothing should not be packed.

Inappropriate clothing includes, but is not limited to:

- open toe shoes (no flip flops or sandals),
- open back tops (including racer-razor backs),
- low-cut fronts,
- skin tight clothing,
- half shirts,
- two-piece bathing suits (or one piece suits with cut outs),
- tank tops with less than two finger-width straps,
- shorts cut shorter than a few inches above the knee,
- low-cut waistlines,
- clothing bearing inappropriate logos, sayings or advertising,
- tank-top undershirts,
- sagging pants and exposed underwear are a no-no as well.



We ask that all attire be a sign of respect for one's own self and everyone else in the community.