

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*)

- _____ **Monday – Extra Beach towel to sit on at Steelers' Training Camp**
- _____ Your Favorite Football Team Shirt(s)

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!!!**

BEDDING:

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

TOWELING: (Adequate supply for 7 days)

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

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.