Just a few items to have on hand to join in on the fun!

1. Water Bottle (16.9 oz.) ½ full of water
2. T-shirt or towel
3. Sneakers or a shoe you can kick off
4. A few cookies that are flat on the bottom like an Oreo or Chocolate Chip Cookie – You may need a few in case you drop it!
   a. You can also use a flat potato chip, or crackers

Make sure someone is with you that has a camera ready and if you put your pictures on Facebook or Instagram do not forget to use our hashtag

#VirtualSportsCamp