



SUGGESTED PACKING LIST FOR REGIONAL CAMP

Soap, shampoo, deodorant, toothbrush and toothpaste, comb, hairbrush, hairdryer
Underwear
Several pairs of regular white socks
Soccer sandals or slides to wear in the shower
Pajamas or sweats for sleeping (dorms are air-conditioned)
Rain poncho, sweatpants and/ or sweatshirt for cool evenings
Several pairs of black soccer shorts for training and games
Soccer shoes, shin guards, ball, water bottle
State Team items provided by State Office (OYSAN Regional Camp T-shirt, Red and White Jersey, (if birth year appropriate), shorts and 1 pair of socks)
Extra T-shirts and regular shorts to wear around
Towels and washcloths
Alarm clock that you know how to use
Extra contact lenses, if you wear them
Maintenance medications, in original prescription containers
Old soccer clothing or paraphernalia-trade w/other state players (optional)
Girls: Extra money for lunch on the way to camp, and outings if time permits
Boys: Extra money for meals on the way to and from camp.

DO NOT bounce balls in the halls
DO NOT take cell phones to practice or games (They will be taken away)

ALWAYS BE RESPECTIVE OF OTHERS AROUND YOU

We are an **Adidas-sponsored state**. Therefore, if you have a choice of either Adidas or another brand of clothing to bring, please bring your Adidas gear. Otherwise, bring whatever it is that you have.

For Girls Camp: Most of the mattresses at the dormitory are twin, extra-long. If you bring sheets, bring only twin extra-long sheets or twin flat sheets. Twin fitted sheets will **NOT** fit mattresses in the dorm. **This also applies to the 1999 Boys.**

For Boys Camp : with the exception of the 1999 Boys: Bed linens are provided.

PLEASE LEAVE ALL CLUB APPAREL AT HOME

Please do not bring jewelry, I-pods, cell phones, or expensive personal items to camp. Region II nor OYSAN is responsible for lost or stolen articles.