

## COLLEGIATE SOCCER ACADEMY 2016 Hosted @ Lasell College

*This is a list of things we suggest you bring to camp. **PLEASE leave your expensive items and gear at home.** We recommend that you do not send unnecessary clothes or expensive cameras, watches, or jewelry. We suggest labeling items with your name.*

- All personal toiletry items (shampoo, conditioner, deodorant, soap, razor, hairbrush, elastics, etc.)
- Bedding (sheets, etc.) for a twin size bed (extra long sheets are not necessary)
- Blanket or sleeping bag
- Towels
- Pillow
- Refillable water bottle REQUIRED or you may purchase one at camp. Water stations available.
- Sunscreen
- Sweatshirts/pants if cooler weather forecast
- Rain jacket if rain forecast
- Soccer shorts and t-shirts (9 sessions total)
- Soccer Cleats (playing surface is field turf and natural turf). Molded cleats allowed on field turf.
- Sneakers/Trainers
- Soccer socks
- Undergarments
- Goalie Gloves (for keepers)
- Shin guards
- Soccer ball. Soccer balls are available for \$20 cash or check at check-in.
- Comfortable clothes for in between sessions/night
- Pajamas
- Flip flops for showers
- Spending money (cash) for snacks, pizza, drinks and/or camp store. We recommend \$50.
- Alarm clock
- Snacks/Drinks. Three meals are provided per day but snacks are not.
- Backpack or boot bag.
- Cell phone charger
- Fan for non-ac rooms and extension cord (recommended). Lasell College offers some air-conditioned rooms (approximately 70% available rooms). We will inform participants one week prior to the start of camp if you are NOT assigned to the air-conditioned dormitory. Air-conditioned dormitories are assigned based on online registration date (first-registered, first-served). We have a limited number of fans for out of state campers – contact us to reserve a fan.