**Shirts & Pants:**

* + Athletic shorts and/or pants & shirt [Please no cut-offs/tanktops]
  + Sleeping pants/shirt
* Sweat shirt/fleece

**Shoes:**

* Athletic shoes

**Personal Items:**

* Tooth brush
* Tooth paste
* Wash cloth
* Contact solution
* Personal medications
* Snacks (*please don’t bring anything with nuts*)

**Bedding:**

* Sleeping bag
* Pillow