



Summer Wrestling Camp Check List

- () Pen, pencil and a notebook to keep a training log of the things you are learning during your week at camp.
- () Print a personal copy of the camp schedule and camp rules to post in your room in the event you do not know what you should and should not be doing while at camp.
- () Water bottle to keep with you and filled at all times.
- () Bed sheets for a twin size mattress.
- () Pillow and pillow case.
- () Blanket for sleeping in air-conditioned room.
- () Two towels: one for showering and one for the pool.
- () Toiletries: Toothbrush, toothpaste, shampoo, and soap (or any other items you feel you need).
- () Sunscreen, SPF lip balm, and aloe. (There may be sessions, races or runs held outside and since all of our fields are near the water, the sun is stronger due to that reflection. Sunscreen is not provided and we also suggest bringing along some aloe or other skin cooling agent in case you get sunburned.)
- () Workout gear: all camps have multiple sessions each day. You will need shorts, T-shirts, socks, briefs and shoes enough to get you through 2-3 sessions each day.
*Wrestling Singlet and Head gear are not required. (Head gear is always encouraged)
**A laundry service is available from the camp store. (See details in camp registration packet.)
- () Shirt, Shoes and shorts are required for eating in the dining hall.
*No tank tops, no flip flops and no hats in the dining hall.
- () All Dormitory spaces will be air-conditioned.
*Bancroft Hall is air-conditioned but not all rooms have equal cooling systems. Do not attempt to alter the system or you will be held accountable for the damages. (See camp rules)
- () Pad Lock: Room keys are not issued but each room does have a lockable storage closet. We strongly discourage valuables being brought to camp and do not assume any responsibility for those items that are lost or stolen while at camp. If you chose to bring valuables to camp we encourage you to bring a pad lock so that when you are not in your room you may keep your things locked up.

Please note: there is no place on the Academy grounds where sheets, pillows, towels or toiletries can be purchased. All of these items must be brought with you.