

Packing List

- Practice clothes (spandex or shorts and a t-shirt)
- Volleyball shoes
- Knee pads
- Socks
- Ankle braces (if you wear them)
- Shampoo
- Conditioner
- Soap
- A razor
- Any other toiletries (tampons/pads)
- Two bath towels
- A beach towel (for the pool)
- Swimsuit
- Shower Shoes (Cheap Flip Flops will suffice)
- Washcloth
- Toothbrush
- Toothpaste
- Pajamas
- Underwear/sports bras
- Clothes for after practice
- Other shoes
- Air mattress

- Air pump
- Sheets
- Pillow
- Blankets
- Personal fan
- Phone charger
- Tylenol/ other medications
- Reusable water bottle
- Snacks/ money for vending machine (The coaches have snacks, but the players are welcome to bring some)
- If players have any dvd movies or wii games they would like to bring, they can do so. (The coaches will have a dvd player and wii console)