

Dan Duquette Sports Academy

ITEMS TO PACK FOR CAMP

GENERAL ITEMS:

- Bedding – Twin Sheets & blanket or sleeping bag (recommended)
- Pillow and pillow case
- Shower / Bath towel
- Toiletries including toothpaste and shampoo
- T-Shirts and Shorts for one week
- Socks and Underwear for one week
- Sweatshirt & Pants
- Rain jacket
- Sneakers & Beach shoes
- Bathing Suit and Swim towel
- Laundry Bag
- Sunscreen & Bug spray
- Combination lock for locker room
- Flashlight & Alarm clock (optional)
- Pocket money for snacks & souvenirs

SPORT SPECIFIC ITEMS:

Baseball – Glove, Hat, Baseball Pants & Shoes, Protective Cup, batting gloves.
Bats, Helmets, & Catchers equipment are provided on site.
You can bring your own if you wish.

Softball - Same as baseball.

Basketball – Basketball Shoes & Clothing. Baseball glove optional.

Football – Helmet, Pads, Jersey, Pants, Football Cleats & Mouthpiece.

Roller Hockey – Roller Blades, Sticks & Protective Equipment.

Soccer – Cleats, Shin guards, Socks and appropriate clothing.

Strength & Conditioning – Comfortable Clothing & Shoes.

PLEASE LABEL ALL ITEMS AS MANY THINGS ARE MISPLACED AT CAMP.

**WE DISCOURAGE BRINGING THE FOLLOWING ITEMS TO CAMP:
EXPENSIVE ITEMS, CELL PHONES, VIDEO GAMES, LARGE AMOUNTS OF
FOOD AND CANDY, RADIOS & MUSIC.**