**2022 TEAM CAMP CHECK LIST**

* *Plan accordingly*
* Please begin by packing a Water bottle. It’s going to warm and you need to stay hydrated.
* Sleeping bag or blanket / or two, don’t forget a Pillow
* Towels (1-2)…be sure that you can identify you towels (names are a good idea)
* Athletic socks (7-8 pair)
* Under pad T-shirts or long sleeve shirt (ALOHA gear recommended….it gets cool in the evening)
* Sweat Shirt and Pants. (again, it gets pretty chilly during evening competitions)
* All appropriate football gear, pads, mouthpieces (molded), helmet, chinstraps, & any braces/special equipment.
* Recreational wear – shorts, T-shirts, hoody, light jacket (water proof)
* ***Personal Toiletries, bug spray, athletic foot spray, sun block, Chap Stick, facial moisturizer for wind burn.***
* Shower sandals are desirable…and recommended
* Allergy or other prescribed medications, if required, must be reported to the Football Staff, and stored with the designated coach. (All medicine will be collected morning of departure and stored in Coaches room w/in your dorm)
* Laundry bag...

***These items should NOT be brought to camp:***

* Jewelry and valuables…items that are of considerable value that require extra security should not be brought to camp.
* Video games and video game machines. You are in camp to play football, not sit around & play video games.
* **Clothing and/or items that might be considered offensive and a misrepresentative of Aloha Warrior Football.**
* Spending money…good judgment is essential with money. Do not bring a great deal of money.
	+ Player will be allowed ***in-groups &*** ***along with a coach***to visit local store for snack items.
* Remember to keep track of your gear (especially your shoes…both athletic and recreational)

***Friendly Reminder:***

***This is our football program’s team bonding camp. Please respect our programs wishes and keep family and friends at home. The boys will call home periodically!***

***\*In case of an emergency, Parents will be the first that the coaching staff contacts.***