

# WHAT TO BRING TO CAMP



## DANCE & GYMNASTICS

- LEOTARD OR LEGGINGS/TIGHTS WITH A FITTED TOP
- BALLET/JAZZ SHOES OR SOCKS



## DANCE, GYMNASTICS, & SKATE

- LEOTARD OR LEGGINGS/TIGHTS WITH A FITTED TOP
- BALLET/JAZZ SHOES OR SOCKS
- LONG THIN SOCKS
- WARM JACKET, PANTS & LEGGINGS
- HELMET FOR SKATING (OPTIONAL)
- SKATES (OPTIONAL)



## FLAG FOOTBALL

- MOUTHGUARD
- CATCHING GLOVES
- CLEATS/TURF SHOES (OPTIONAL)



## VOLLEYBALL

- KNEE PADS (OPTIONAL)



## HOCKEY

- HELMET (WITH FACEMASK)
- SHOULDER PADS
- HOCKEY SHIRT
- ELBOW PADS
- HOCKEY GLOVES
- HOCKEY PANTS
- HOCKEY SHIN GUARDS
- HOCKEY SOCKS
- SKATES
- HOCKEY STICK



## BOYS LACROSSE

- LACROSSE STICK
- LACROSSE HELMET
- MOUTHGUARD
- SHOULDER AND ARM PADS
- GLOVES
- CLEATS/TURF SHOES (OPTIONAL)



## GIRLS LACROSSE

- LACROSSE STICK
- GOGGLES
- MOUTHGUARD
- CLEATS/TURF SHOES



## SOCCER

- CLEATS OR TURF SHOES
- TALL SOCKS
- SHIN GUARDS



## SQUASH

- RACQUET
- GOGGLES
- NON-MARKING SNEAKERS



## SWIMMING

- SWIMSUIT
- TOWELS
- GOGGLES
- SUNSCREEN
- SWIM CAP (OPTIONAL)
- ADDITIONAL SNACKS FOR FUEL



## GOLF

- GOLF CLUBS
- GLOVES (OPTIONAL)



## BASEBALL & SOFTBALL

- BAT
- GLOVE
- BATTING HELMET

### WHAT TO BRING TO EVERY CAMP

- A bag or backpack labeled clearly with your child's first and last name.
- Water Bottle (with child's name clearly marked on the outside).
- Lunch (unless you purchased lunch for the week).
- A swimsuit and towel are required for participation on swim days. The days this is required will be communicated with parents in advance.
- A change of clothes.
- Any equipment needed for sports specific camps.
- Tennis shoes and athletic clothing (Every day for EVERY camp).

### WHAT TO LEAVE AT HOME

- Phones, tablets, electronics
- Valuable items (STJ is not responsible for lost or stolen items)
- Any item that could be deemed a weapon or dangerous.