# WHAT TO BRING To camp



## **DANCE & GYMNASTICS**

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



A

#### 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

## 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).





- CLEATS OR TURF SHOES
- TALL SOCKS
  - SHIN GUARDS

#### SQUASH



GOGGLES

RACQUET

NON-MARKING **SNEAKERS** 

#### SWIMMING



- TOWELS
  - GOGGLES

SWIMSUIT

- SUNSCREEN
- SWIM CAP (OPTIONAL)
- ADDITIONAL SNACKS FOR FUEL

## GOLF



- GOLF CLUBS
- GLOVES (OPTIONAL)

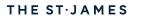
#### **BASEBALL & SOFTBALL** • **BAT**

- GLOVE
- BATTING HELMET

## 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.





## THE ST.JAMES