

CAMP ASHLAND: CAMPERS CHECK LIST

Sleeping Bag

Air Mattress with pump / Under Pad/Cot

Pillow

Towels (2-3) Be sure that you can identify your towels (Names are a good idea)

Athletic Socks (4-6 pair)

All appropriate football gear & pads (mouthpiece)

Cleats and shoes/slippers

Recreational wear – Shorts, Long pants, T-shirts, sweats, and a light jacket

Personal toiletry articles & sun block

Medications

Swimsuit

Phone charger – charging stations may be very limited while at camp?

Shower Sandals are a great idea

Things to strongly consider:

1. Items that are of considerable value and require extra security should not be brought to camp.
2. Spending money ... Good judgment is essential with money. Do not bring a great deal of cash. Debit cards are great. **You will need some money for the travel days. All meals will be provided but players have often wanted to purchase extra drinks and snacks. You are allowed to go to the stores next to campus with supervision. There will also be a CAMP store with snacks, drinks and pizza.**
3. Remember to keep track of your gear while at camp.
4. You might consider bringing extra Capital clothing to trade with the players from the other programs??
5. Do not even consider bringing cigarettes, drugs or alcohol on this trip. You will be removed from camp and sent home immediately.

**REMEMBER TO REPRESENT OUR PROGRAM & SCHOOL
WITH CLASS AT ALL TIMES ON THIS TRIP. WE ARE THE
GUESTS OF SOUTHERN OREGON UNIVERSITY.**