

Packing List

___ Linens & Blanket/Sleeping Bag (they will not be provided)

___ Towels

___ Pillow

___ Shoes/Sandals

___ Soap

___ Shampoo

___ Toothbrush/Toothpaste

___ Deodorant

___ Glasses/Contacts

___ **Medications:** Please record dosage directions on the Medication Form.

___ **Workout Clothing:** bring plenty of workout clothes and appropriate footwear for your sport.

*It is expected that students' clothing will ensure adequate coverage and undergarments should not be visible. Students will be asked to change into something more appropriate at the discretion of camp staff.

___ **Casual Clothing:** modest attire is required at all times. The climate could be hot and humid, but the dorms and meeting rooms will be air-conditioned.

___ **Cash for FCA Gear**

Optional:

___ Pen/Pencil

___ Notebook



Sport Specific Items

Baseball: Glove & bat; helmet (if you have one)

Football: Mouth piece, practice jersey, helmet & shoulder pads*

* If you can't bring a helmet & pads from your school, you may rent them for \$25 from Central College (make payment to FCA at registration)

Golf: Clubs, balls & gloves

*You must wear collared shirts, no blue jeans

Tennis: Racket

Track & Field: Spikes (optional)

Wrestling: Headgear, shoes

What not to bring:

FCA is not responsible for lost or stolen items you choose to bring to camp.

Water bottle—you will be given one at registration.

I-Pods

I-Pads

Cell Phones

Expensive or valuable Items

Excessive amounts of Cash

A bad attitude

