



## Residential Suggested Packing List

- 2 Single Bed Sheets Long
- 1 Pillow and 1 Pillow Case
- 1 Blanket or comforter
- 8 Pair of soccer shorts
- 8 Pair of soccer socks
- 12 T- Shirts
- Sneakers, Flats, Cleats (Turf cleats optional)
- Shin Guards (mandatory)
- 1 warm up suit (light weight)
- 1 training jacket (light weight)
- Toiletries (soap, shampoo, toothpaste, etc)
- 6 Towels
- Sunscreen
- Hat (optional)
- Cooler (store water and sports drinks)
- 1 case of bottled water
- 1 case of Gatorade or sports drink
- Healthy snacks (optional)
- \$50 Cash for vending machines and optional take out food
- Medications if needed (will be cleared our certified athletic trainer on site)