

IMPORTANT ITEMS TO BRING TO BOWDOIN COLLEGE RESIDENTIAL CAMP

July 24-27

What should I bring?

- Soccer Ball
- Extra T-shirts (Preferably white, or gray) /shorts (black) and soccer socks (black or white)
- Rain gear and sweatshirt
- Plenty of clean socks
- Soccer cleats (broken in)
- Sneakers or indoor soccer shoes
- Casual clothes
- SUNSCREEN!
- SHINGUARDS! (Required)
- Laundry Bag
- Towels
- Toiletries
- Water bottle
- Alarm Clock
- Any medications brought to camp must be registered with athletic trainer at camp registration
- Please notify us with any specific dietary requirements and bring any appropriate snacks.

FOSC Residential Campers will receive a camp t-shirt at registration

Optional items:

- Linens are optional - The College will provide 2 sheets, 1 blanket, 1 pillowcase, 2 towels, and 1 washcloth per person.
- \$ for snacks and Bowdoin Soccer souvenirs, and any extra equipment
- Personal items
- Extra contact lenses
- Fan (**strongly recommended**)
- Flip flops or slides

DO NOT bring a pair of brand new cleats or training shoes to camp! We strongly suggest that you break them in prior to arriving a camp in order to prevent blisters and sore feet.