

Overnight Volleyball Camp Checklist

Volleyball Gear:

- ___ volleyball shoes/sneakers/tennis shoes (if you have a new pair, bring an older pair as well to help prevent blisters!)
- ___ gym shorts (2 pairs/day)
- ___ t-shirts (at least 2/day)
- ___ socks
- ___ kneepads
- ___ water bottle (not required but handy)
- ___ small bag/backpack/duffle bag (to carry shoes, water bottles, keys between dorm and gym, not required but handy)

Dorm Needs:

- ___ sheets and blankets
- ___ pillows
- ___ pj's and/or comfy clothes to wear after sessions
- ___ towels
- ___ alarm clock
- ___ phone charger
- ___ drinks and snacks for room
- ___ small amount of spending money for camp store, pizza, drinks and snacks

Toiletries:

- ___ shower needs (shampoo, soap, etc)
- ___ hairbrush and ponytail holders, barrettes, bobby pins, etc.
- ___ medication (can be checked in w/trainer)
- ___ contacts, solution, extras