



Overnight Volleyball Camp Checklist

Clothing / 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 (2-3 pairs/day)
- t-shirts (at least 3/day)
- socks
- kneepads
- bathing suit, towel
- water bottle
- small bag/backpack/duffle bag
(to carry shoes, water bottles, keys between dorm and gym, not required but handy)

Dorm Needs:

- twin sheets and blankets
- pillow(s)
- pj's and/or comfy clothes to wear after sessions
- towels
- alarm clock (you can use your cell phone's)
- cell phone charger
- drinks and snacks for room
- small amount of spending money for camp store, drinks and snacks

Toiletries:

- shower needs (shampoo, soap, deodorant, etc)
- hairbrush and ponytail holders, barrettes, bobby pins, etc.
- any medications you take
- eye contacts, solution, extras