



# ASA Residential Camp Packing List



## Soccer Specific

- ☐ ASA Shirts (training jerseys, futsal shirts, etc)
- ☐ Cleats
- ☐ Indoor shoes or sneakers
- ☐ Reusable water bottle
- ☐ Shin guards
- ☐ Socks for shin guards (multiple pairs)
- ☐ Shorts (multiple pairs)
- ☐ Shirts (multiple pairs)
- ☐ Soccer ball

## Outdoor & Non-soccer Items

- ☐ Bug spray and/or repellent
- ☐ Sunblock
- ☐ Bandana/scarf
- ☐ Flashlight!
- ☐ Sunglasses
- ☐ Goggles for swimming
- ☐ Light jacket
- ☐ Swimsuit
- ☐ Swim shirt with UV protection
- ☐ Rain jacket
- ☐ Shorts
- ☐ Sweatshirt
- ☐ T-shirts
- ☐ Tank tops
- ☐ Sneakers (closed toe shoes must be worn for rafting)
- ☐ Sandals
- ☐ Hiking boots

## Medical Needs

- ☐ Prescription medication (given to camp director at check-in)

## General

- ☐ Glasses/contacts and cleaning solution
- ☐ Underwear (multiple pairs)
- ☐ Sweatpants or warm-up pants
- ☐ Flip-flops
- ☐ Socks (multiple pairs)
- ☐ Spending money
- ☐ Entertainment, like books and deck of cards
- ☐ Small backpack or tote for day trips
- ☐ Snacks
- ☐ Drinks
- ☐ Dirty laundry bag/trash bag
- ☐ Headphones

## Night Time & Bath Necessities

- ☐ Pajamas
- ☐ Bedding (twin sheet set or sleeping bag + pillow)
- ☐ Beach towel (used for bath or swimming)
- ☐ Shower caddy
- ☐ Comb or brush
- ☐ Deodorant
- ☐ Tampons / pads
- ☐ Lip balm
- ☐ Nail clippers
- ☐ Shampoo & conditioner
- ☐ Shaving cream & razors
- ☐ Soap in carrier
- ☐ Toothbrush & toothpaste

It's a good idea to label clothes - a silver pen works great!