



THINGS TO BRING

- Soap, towel, and washcloth
 - Hat
 - Bathing suit
 - Alarm clock (if not using phone)
 - Running Shoes
 - Pad of paper (3-hole punched)
 - 3-ring binder
 - Fan for Room
 - Laptop computer (if you wish)
 - Track pants
 - Your own pillow (if you need it)
 - Stop watch
 - Extra clothes hangers
 - Sunscreen
 - Pens, pencils, ruler, and markers
 - Bug repellent
 - Wet weather clothing
 - Curling equipment and brush
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- Coloured T-shirts that coincide with your team colour group
 - A modest amount of money for incidentals, extra pictures, Electives night
 - Completed Medical information form to be handed in at registration
 - Completed Parent / Camper Consent form for Minor Campers
 - Respect for the property we are using at the Arena and the University
 - A positive attitude for learning and improving

**BRING YOUR OWN PLASTIC WATER BOTTLE WITH YOUR NAME ON IT
(there are plenty of water fountains from which you can fill your personal bottle daily)**