



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 (rooms do have A/C)
- _____ 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

_____ **Completed and signed Medical information form (bring to registration)**

_____ **Completed and signed Waiver Form (bring to registration)**

_____ Coloured T-shirts/clothing that coincide with your team colour group

_____ Extra snacks to keep in your room or in the fridge in your room

_____ A backpack or sports bag to carry extra clothing/towel/bathing suit (you won't be able to go back to the College once we leave in the morning until we return at night after the evening activities)

_____ A modest amount of money for incidentals, extra pictures, extra snacks

_____ 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 will be water available for you to fill your personal bottle daily)