

4 Day Programs – Items to Bring to the Camp/Academy

ALL PARTICIPANTS - MANDATORY ITEMS TO BRING

- One light and one dark colored football jersey (These are available through the store at footballcamps.com. Please order the 100% Nylon football jerseys in advance)
- Mouth piece (Available for purchase through the online camp store)
- Shoulder pads (available for rental through the camp store at footballcamps.com. **PA & SC do not require shoulder pads for the 4 Day Camp or Specialty Clinic**)
- Helmet with chin strap (available for rental through the camp store at footballcamps.com. Rentals come with chin strap)
- Football shoes (no metal or metal tipped cleats allowed)
- Tennis Shoes

OVERNIGHT PARTICIPANTS - MANDATORY ITEMS TO BRING

- Bedding (sheets-blanket-pillow) for a single bed (No sleeping bags, please! They are too hot!)
- Old towels
- Personal items and toiletries
- Old tee shirts and shorts (nothing dressy)
- Window Fans (not all dorms are air conditioned)

SUGGESTED ITEMS TO BRING

- Athletic supporter with cup
- Sun Block
- Bright colored shoe string or lanyard to put your dorm key on (Available for purchase through the online camp store)

OPTIONAL ITEMS YOU MAY WANT TO BRING

- Football (put your name on it)
- Compression Shorts
- Outdoor Basketball (put your name on it)
- Inexpensive camera (the little throw away cameras work great)
- "Egg Crate" mattress cover for twin size bed

Sports International is not responsible for items lost or stolen.

Do not bring expensive items such as iPads or tablets, expensive shoes or clothing or ANYTHING of great value with you. We suggest you put your name on everything you bring with you!