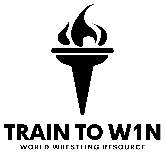
Summer Camp Packing List



Here’s what to bring:

* Please make sure valuables are kept secure — Train to Win Wrestling Camps isn’t responsible for lost items.
* Label any neutral gear (like Train to Win Camps clothing or towels) with your name.
* Every camper should bring a roll of athletic tape.
* Toiletries must include a strong antibacterial soap. We recommend Dial.
* A refillable sports water bottle labeled with your wrestler’s name is required for all training sessions and meals. Water fountains are available for refills.
* Bring a mesh laundry bag to separate and air out dirty clothes.
* Two towels are recommended so one can dry while the other’s in use.
* For outdoor rec time, pack sunscreen and bug repellent (lotion or oil only — no sprays).
* Wrestling gear is essential. Headgear is optional, but neoprene knee pads are highly recommended. Bring two pairs so one can dry out between practices.
* Bedding includes a twin-size sheet set, blanket, and pillow. Beds are provided in air-conditioned campus housing.
* Pack enough workout clothes based on your wrestler’s needs. Some sweat more than others — plan for multiple outfit changes, especially tops.
* On-campus private showers are available daily. Cleanliness is a top priority, so it’s better to overpack than underpack.
* We’ll make weekly Walmart runs for campers who need essentials or extra food.
* Campus housing features suite-style living with free washers, dryers, kitchen appliances, and more. (Bring your own detergent or purchase on site.)

If you have any questions about packing — especially related to allergies or medications — just reply and we’ll be happy to help!

— Train to Win Camps Team