

## FCA Colorado Sports Camp Packing List

- **Bedding**
  - **Twin sheets with blanket or sleeping bag**
  - **Pillow with pillowcase**
  - **Only mattress provided**
- Towel for showering
- Clothes for workouts and evening events
  - 3 outfits a day recommended- 2 sport sessions, 1 for evening
- Jacket/sweatshirt for walking back to the dorms in the evening
- Pajamas
- Multiple sets of socks and undergarments
- Sandals & Sneakers
- Toiletries
  - Toothbrush, toothpaste, soap, deodorant, shampoo, conditioner, etc.
- Medications (if needed)
- Cell phone and charger
  - Cell phones not permitted during programming and workouts
- Pen and notebook
- Cinch bag or backpack to carry belongings around during the day
- Sunscreen and bug spray for outdoor sports
- Reusable water bottle
- Specialty equipment for your specific sport
  - Volleyball: Knee pads
  - Football: **HELMET REQUIRED!!!!!!**, **mouth guard**, **cleats**, NO pads will be used
  - Wrestling: Headgear, wrestling shoes, NO singlets
  - Soccer: Cleats, shin guards
  - Track: Spikes (optional)
  - Softball: Cleats, glove, softball pants/long socks
    - Optional-If you own them: Bat, helmet, catcher's gear, batting gloves
- ***Don't bring valuables! FCA is not responsible for lost or stolen items.***
- Unlimited food from the cafeteria at each meal is included, but bring snacks if desired.
- Camp Store available for additional gear and snacks for purchase.
  - Cash and Venmo accepted ONLY
- Each camper will receive a camp shirt and Bible at check in