



FCA TRI-STATE SPORTS CAMP PACKING LIST

ITEMS NEEDED FOR JUNE 22–26, 2026
@ UNIVERSITY of DUBUQUE

Twin Size Sheet Set
Twin Size Bed Cover
Pillow

Bathroom Towels: Washcloth, Hand Towel, Bath Towel
Shower Shoes
Shampoo/Conditioner
Soap/Bodywash
Toothbrush/Toothpaste
Hair Comb/Brush
Deodorant
Lotion/Body Spray/Perfume
Contacts/Glasses/Eyewear Related Supplies
Medications (provide to Nurse at check-in)
Other Personal Items

This is an alcohol and
drug free environment.
Anyone violating this
rule will be sent home
immediately.

FCA Athletes Bible
Pen/Pencil
Journal/Notebook
Cinch Bag/Backpack
Water Bottle
Sunscreen
Bug Spray
Cash/Card for Purchases at Camp Store
Cell Phone (not encouraged during practice times and meeting times)

Do NOT bring an excessive amount of cash or valuable items.

PARENTS & CAMPERS: Modest and appropriate clothing must be worn at all times during FCA camp week.

Pack plenty of workout clothing and shoes specific for your sport. Pack casual clothing and also socks, shoes, sandals for times outside of practices. All clothing, workout and casual, must be modest at all times. This means adequate coverage and if found in violation by discretion of FCA staff the camper may be asked to change into more appropriate attire.

Sport Specific Clothing/Equipment:

Basketball: Basketball Shoes; Cross-Country: Running Shoes (Spikes Optional); Flag Football: Shoes or Cleats; Football: Mouth Guard, Practice Jersey, Shoulder Pads & Helmet; Pickleball: Court Shoes & Paddles; Soccer: Soccer Cleats & Shin Guards; Track & Field: Indoor/Outdoor Shoes (Spikes Optional); Volleyball: Knee Pads & Court Shoes; Wrestling: Headgear & Shoes