



# FCA TRI-STATE SPORTS CAMP PACKING LIST

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

Twin XL Size Sheet Set  
Twin XL 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