

## **NFASC Suggested Packing List**

### **In a small athletic travel bag or backpack:**

- **Cleats**
- **Sneakers**
- **Flats (sandals)**
- **Shin guards (Mandatory – No Exceptions!)**
- **Playing shorts**
- **T-Shirt (1 extra)**
- **Soccer socks (1 extra pair)**
- **Small towel**
- **Water bottle / container**
- **Sunscreen (Reminder: Apply generously @ home prior to arrival)**
- **Insect Repellent**
- **Rain jacket (weather-related)**
- **Training jacket (weather-related)**

**Optional:** Athletic drinks / water / healthy snacks / sunglasses / hats

**\*Water is provided during training sessions; however, bring a plastic water bottle or container with you to camp.**