

## **List of Things to Bring for Football Camp**

Health History Update (if needed)  
USDA food form  
Signed Camper Participation Agreement  
Jacket, long pants, long-sleeve shirt  
Warm bedding and pillow (sleeping bag or blankets)  
Non-aerosol insect repellent  
Modest swimwear, Sun tan lotion  
Spending Money  
Athletic Shorts, T-shirts  
Lots of socks and undergarments  
Soap, towel, toothbrush, personal hygiene items  
Gym shoes, Cleats  
Flashlight  
Fan, Journal  
Envelopes and stamps, Pencil and paper  
Refillable water bottle  
And don't forget your BIBLE!  
If you are allergic to bee stings, please bring your Epi-pen with you and check it into the nurse, along with other medications.

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