

## TSA TIPS

## SOCCER CAMP ESSENTIALS



### CLOTHING

- |  |  |
|--|--|
| <input type="checkbox"/> Warmups   | <input type="checkbox"/> Soccer Shorts [one pair per day]                    |
| <input type="checkbox"/> Rain Jacket   | <input type="checkbox"/> Moisture wicking T-shirts<br>[one for each session] |
| <input type="checkbox"/> Sliders/compression shorts                                  |  |
| <input type="checkbox"/> Cold Weather Compression?Baselayer<br>[If weather dictates] |  |

### FOOTWEAR

- |  |   |
|--|---|
| <input type="checkbox"/> Soccer Cleats   | <input type="checkbox"/> Slides/flip flops  |
| <input type="checkbox"/> Indoor Soccer Shoes or Athletic Shoe:<br>[in case of indoor training] | <input type="checkbox"/> Soccer Socks<br>[atleast two pairs in case of rain/muddy/conditions] |

### EQUIPMENT

- |  |  |
|--|--|
| <input type="checkbox"/> Shin Guards                   | <input type="checkbox"/> Soccer Bag                                  |
| <input type="checkbox"/> Shin Guard sleeve/tape/straps | <input type="checkbox"/> LG Water Bottle                             |
| <input type="checkbox"/> Notepad & Pencil              | <input type="checkbox"/> Small Towel                                 |
|  | <input type="checkbox"/> Keeper: Goalie Gloves, Goalie Pants & Shirt |

### INSIDE THE SOCCER BAG

- |  |   |
|--|---|
| <input type="checkbox"/> Water [and more water]        | <input type="checkbox"/> Lip Balm                                       |
| <input type="checkbox"/> Protein Rich Snacks           | <input type="checkbox"/> Sunscreen                                      |
| <input type="checkbox"/> Small Ball Pump               | <input type="checkbox"/> Bug Spray [for summer camps]                   |
| <input type="checkbox"/> Kinesiology Tape              | <input type="checkbox"/> Extra Headbands/Hair-ties/Sweat Bands          |
| <input type="checkbox"/> Emergency Contact Information | <input type="checkbox"/> Trash Bag [to keep wet or muddy gear in after] |
|  | <input type="checkbox"/> Hand Sanitizer                                 |