

# 3 DAY CAMP

## Items to Bring

### - CHECKLIST -



- \_\_\_ Martial Arts Uniform and Belt
- \_\_\_ Sparring Head Gear
- \_\_\_ Optional Martial Arts Equipment (ex: staff, nunchaku, dagger)
- \_\_\_ Sleeping Bag ( Pillow Optional)
- \_\_\_ 3 pairs each - Underwear & Socks
- \_\_\_ Pajamas
- \_\_\_ 1 Pair - Tennis Shoes (outdoor workouts & hikes)
- \_\_\_ 1 pairs - Long Pants & Shorts
- \_\_\_ 2 T-Shirts
- \_\_\_ Sweat-Shirt and or Light Jacket
- \_\_\_ Comb / Brush
- \_\_\_ Toothbrush & Toothpaste
- \_\_\_ Soap & Shampoo
- \_\_\_ Towel
- \_\_\_ Coat Hanger
- \_\_\_ Misc. Toiletries
- \_\_\_ Flash Light

Special Note: Any medication must be supplied with details of dosage.

**DO NOT BRING ANY: food, candy, radios, computer games, money, camera or phone!.**

If you have any questions or information that we would need, please let us know