

Overnight Volleyball Camp Checklist

Volleyball Gear:

- volleyball shoes/sneakers/tennis shoes (if you have a new pair, bring an older pair as well to help prevent blisters!)
- gym shorts (2 pairs/day)
- t-shirts (at least 2/day)
- socks
- kneepads
- water bottle (not required but handy)
- small bag/backpack/duffle bag (to carry shoes, water bottles, keys between dorm and gym, not required but handy)

Dorm Needs:

- sheets and blankets
- pillows
- pj's and/or comfy clothes to wear after and between sessions
- towels
- alarm clock
- phone charger
- drinks and snacks for room
- small amount of spending money for camp store, pizza, drinks and snacks

Toiletries:

- shower needs (shampoo, soap, etc.)
- hairbrush and ponytail holders, barrettes, bobby pins, etc.
- medication (can be checked in w/trainer)
- contacts, solution, extras