

A banner for Premier Field Hockey Camp featuring a background image of a field hockey player in action, with the text "Premier Field Hockey Camp" overlaid in a white, serif font.

# Premier Field Hockey Camp

## *What to Bring To Camp:*

Below you will find a list of items you will need for camp. This list is only a guide so please feel free to add personal items you may want or need during camp.

### Important Items – Do not forget!

- Balance Due (check made to Premier Field Hockey)
- Key Deposit (\$75 check made to Premier Field Hockey)
- Medical Form (filled out and signed by parent/guardian)

### Clothing

- Athletic Attire (shorts, T-shirts, socks)
  - White and Dark T-shirts for tournament play. Your team may want to coordinate colors for tournament play prior to camp.
- Rain gear
- Cleats
- Sneakers
- Sweatshirts

### Personal Items

- Linens and Pillow (Twin/Single size beds)
- Towels and washcloth
- Toiletries (toothbrush, toothpaste, soap, shampoo, etc)
- Blanket
- Alarm clock
- Sun screen

### Equipment

- Mouthguard
- Shinguards
- Hockey stick
- Hockey ball
- Goggles (required)
- Goalie Equipment: helmet, gloves, kickers, pads, chest protector (goalies only)
- Insulated water jugs

### Additional Items

- Snacks
- Extra money for snacks and bookstore (please do not bring a lot of money)
- Leave your jewelry at home
- Lanyard or shoelace (to help you not lose your keys and meal cards)

\* *The dorms are air conditioned.*

\* *There are no microwaves or refrigerators in the dorm rooms. You are permitted to bring your own.*