



## Items to Bring

- **Medical Waiver Form and Copy of Insurance Card** (if not already submitted)
- **Balance Due** (if not already paid)
- **Pillow**
- **Sheets** (twin size bed)
- **Blanket or Sleeping Bag**
- **Towels**
- **Toiletries & Personal Items**
- **Wrestling Workout Clothing** (3-4 sessions/day)
- **Wrestling Shoes are Mandatory** (Headgear and Knee Pads are Optional)
- **Running Shoes**
- **Alarm Clock**
- **Fan** (if desired)
- **Spending Money for Camp Store** (if desired)

**Lastly, bring an attitude that wants to improve!!!**