

WHAT YOU WILL NEED

WHAT YOU MUST BRING:

Sleeping Bag or similar

Pillow

2 Towels(one can be a beach towel in case we get to the beach if it is hot)

Wrestling Boots

Hand Towel for wiping down at training

Several pairs of training shorts (at least 5)

Several T-Shirts for training (at least 5)

Underwear (at least 7)

Socks (at least 7)

THERE WILL BE THE OPPORTUNITY TO TAKE THINGS TO THE LAUNDROMAT IF YOU NEED TO.

Sleeping attire

Something neat to wear if we get to go to the movies or something similar

A jumper or jacket for evenings

Toiletries

Empty Drink Bottle

Backpack or bag to use each day

Name on things where possible

SUGGESTED EXTRAS TO BRING:

Bathers

iPod or MP3

Electronic Game if you want

A favourite snack if you wish

Some casual clothes for the evenings if you wish

Mobile Phone

Spending Money

Plastic Bags or similar for wet or dirty clothes.

PLEASE NOTE WE EXPECT IT TO BE HOT DURING THE CAMP AS IT USUALLY IS!