

Athlete's Checklist for Football Camp

- Clothes (13 practices/workout sessions + lounging clothes)
- Tooth Brush + Toothpaste
- Deodorant
- Shampoo and Body Wash
- Towel
- Bed Sheets, Blankets, and Pillow
- Snacks
- Sunscreen
- Anti-Chafing (Cream, Baby Powder, etc)
- Cleats and Running Shoes
- Spiral Notebook + Pencil/Pen (will be used in every meeting)