



## CAMP PACKING LIST

Coming prepared to any QBFG Academy Camp is essential to having a successful camp experience. You cannot lead others, unless you are prepared mentally and physically. The following are items you need to bring to camp:

- Gym bag or Backpack
- Cleats, or turf shoes & Gym shoes or slippers
- Towel
- Water Bottle (Optional; Hydration stations provided)
- Binder with lined filler paper (Supplied for new "Boot Campers")
- Pencil with eraser (Supplied for new "Boot Campers")
- Change of shirt
- Change of socks (Optional)
- Sunscreen
- Personal snacks (energy bars, gatorade chews, etc)
- Cell Phone\*
- Your own personal receiver (They don't pay, however they will not receive a t-shirt, or lunch)

### Items NOT to bring:

- Head Phones\*\*
- iPods\*\*
- Bad attitudes!

\* You may use your cell phone to take pics at camp, and to call your parent or guardian when camp is over.

\*\* If you bring them, we will check them in and return it to you after the camp is over.