

Hot Beds Packing List

Personal Items (Minimum)

-1 Gym Bag/Clothing Bag (With the following items)

- 3 pair socks /Shamrocks
- 3 pair socks/ White
- 6 pair Underwear/Game Compression shorts etc
- Casual Clothes
 - 2-3 Pair of Shorts
 - 2-3 Shirts
 - 1 Collar Shirt
 - 1 Walking Shoes (Sperry's, Van, etc.....)
- Shaving kit
 - Tooth Paste
 - Tooth Brush
 - Soap Dish/Soap
 - Deodorant
 - Comb
 - Gold Bond Powder (Big one)**
- 1 Bath towel
- 1 Pair Shower shoes/Sliders(Flip Flops)
- 1 Twin Fitted Sheet, 1 top Sheet, Small blanket, Pillow
- 1 Mesh Laundry Bag 2x3. We will do laundry at least 1 time.**

-Game bag with all equipment

- Cleats
- Gloves
- Elbow Pads
- Shoulder Pads
- Helmet
- Mouth Piece
- Athletic Supporter/Cup
 - They Should have a primary and back-up Stick
 - Tennis Shoes, Running Shoes, or Turf Shoes. **They will be playing on some Astro turf in Delaware at the Hotbeds that require tennis shoes)**
- 1Pair New Game Shorts
- 1 Game Pinnie
- 1 Pair New Practice Shorts
- 1 New Silver Shooting Shirt
- 1 Old Silver Shooting Shirts
- 1 New matching shooting shirts

Donations: Laundry detergent, Cases of Gatorade, Cases of Powerade and Cases of Water - will be taken at the departure site **and greatly appreciated.**

Additional Items:

- Money for lunch and dinner on transportation to Delaware \$20-30.
- Money for a lunch or dinner on the transportation home \$20-30.
- All other meals will be at the hotel breakfast or the campus meal plan.**
- Small Cooler for rooms
- 1gallon (Coleman or Igloo) Water Jug/personal with name on it
- Phone Charger