



## **Spartan Wrestling Camp 2018 Packing List**

- **Sleeping bag and pillow**
- **Towel and toiletries: soap, deodorant, toothbrush, toothpaste, towel, and other personal hygiene**
- **Bug Spray**
- **Wrestling shoes**
- **Running/Hiking shoes**
- **6-7 sets of workout clothes (t-shirt/long-sleeved)**
- **Shirts, shorts/sweatpants, socks, underwear or compression shorts**
- **Swim gear**
- **Coat (water-resistant preferable), beanie, hoodie**
- **Headlamp or flashlight**
- **Water bottle**
- **Headgear (optional)**
- **Personal training/support equipment; knee braces, mouth guard, etc. (optional)**
- **Small amount of cash for personal items purchased from The General Store**