



Spartan Wrestling Camp Gear List 2019 Vermont/Pittsburgh

Required Gear List:

- Back Pack. Storage for clothes and a water bottle.
- Towel and toiletries: soap, deodorant, toothbrush, toothpaste, towel, and other personal hygiene
- Bug Spray
- Note Pad, Pencil/Pen
- Wrestling shoes
- Running/Hiking shoes
- 6-7 workout shirts (t-shirt/long-sleeved)
- 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