

 Triple Arrow Lacrosse Camp Programme
Camper Kit List

**Lacrosse Playing Kit -** Please ensure campers turn up at registration in kit ready to play lacrosse in suitable clothing for participation in sport and reflective of the weather.

 ***Essential Playing Kit - ALL EQUIPMENT TO BE NAMED AND EASILY IDENTIFIABLE***Lacrosse Stick

Goggles - ***Optional***

Mouthguard – ***Required***

Gloves – ***Optional***

Football boots/Cleates (Plastic Studs)/Trainers – ***Optional based on camper preference.***

Spare Trainers for indoor Use – ***Wet weather contingency for inside lunch breaks***

Spare Clothing – ***Jackets, Socks, wet weather options***

Waterproof bag – ***Ensure weatherproof storage of clothing and additional equipment***

 ***Additional Camp Kit***

Lunch – ***The camp is not catered, and campers are required to bring this themselves***

Drinks – ***Although there will be refill taps, we strongly recommend campers bring multiple water bottles and drinks to last each camp. Drinks bottles to be named and must not be shared at any stage***

Any Medication

Sunscreen

Hat

Hand sanitizer – ***We will have these around the camp venue, but we do recommend that campers also additionally have a small sanitizer of their own amongst their belongings which they can easily access at regular intervals.***