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Triple Arrow Lacrosse Camp Programme   
Camper Kit List

**Lacrosse Playing Kit -** Please ensure campers turn up at registration on day 1 ready to play lacrosse in suitable clothing for participation in sport and reflective of the weather.

***Essential Playing Kit (Day and Residential Campers)- 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***

Any Medication

Sunscreen

Hat

Re-Fillable Drink Bottle

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.***

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

***Additional Camp Kit (Residential Campers)***

Clothing – ***Playing/Sports Kit (enough for a set each day plus two spare)***

Socks and Underwear

Casual/Comfort wear for evenings including flip flops/sliders

Nightwear

Toiletries

Shower/Bath Towel

***Residential Campers will have all bedding providers however campers may bring additional pillows/home comforts if they wish***