



The North Mississauga Soccer Club

Camp Check List

Camp starts at 9:00 am and ends at 4:00 pm each day

- ☐ **Sunscreen** – Choose one that is waterproof and SPF 30 or higher.
- ☐ **Shin Pads and Soccer Cleats** – This is for safety.
- ☐ **Lunch and 2 Snacks** – **(IMPORTANT: Do NOT send any items containing nuts or traces of nuts).**
- ☐ **LOTS of Water** – Especially on hot days.
- ☐ **Knapsack or Bag** – To carry personal items. We also encourage everyone to use reusable containers and bring a litterless lunch & snacks.
- ☐ **Refillable Water Bottle**
- ☐ **Bathing Suit and Towel** – FRIDAY ONLY.
- ☐ **Hat** – For sun protection. Please note campers will not be allowed to wear during soccer activities for safety reasons.
- ☐ **Regular or Emergency Medication** – Please provide medication to a Coach at sign in.

Label Everything!

It is not uncommon for items to be forgotten at a day camp, it'll make it easier to find the item's home if it is labelled.

Restricted Items:

Watches or jewelry (earrings, bracelets, necklaces) – During the soccer portion of the day, this is for the safety of all our campers.

LOST & FOUND

We will put any lost and found items on display each morning for viewing at sign in.

IMPORTANT NOTICE: Our main goal is for all campers to have fun! Don't forget to wear a smile and bring a positive attitude!