



# 2019 CHEER OHIO CAMP

## CAMP CHECKLIST/THINGS TO BRING

### BEDDING/PERSONAL

- Bedding (sheets, pillow, blanket, and/or sleeping bag) - beds are Twin XL
- Towels, washcloths, shower shoes, shower caddy
- Pajamas
- Toiletries (shampoo, toothpaste, makeup, personal hygiene products)
- Sunscreen, medical supplies (aspirin, RX, etc.)

### CLOTHING

- Cheerleading Shoes
- Cheerleading Uniform
- Camp Clothes (3-4 days' worth)
- Undergarments/socks/tights
- Sweatshirt or warm-up jacket
- Backpack

Note: Most teams wear matching clothes each day and uniforms during the final day evaluation. This, however, is not required and teams are not evaluated on clothing.

### ADDITIONAL ITEMS

- Electric Fan/portable cooling units (No A/C in July dorms)
- Bag for Laundry
- Camera (including smart phones)
- Hair dryer/curling irons, etc.
- Braces (ankle, knee, etc.)/Athletic tape
- Alarm Clock/CD Player
- Spending money
- Phone Charger
- Snacks, soft drinks (for evening \*there are vending machines in the dorms)
- Personal, refillable water bottle

