



# Rip and Ride



## Lacrosse and Ski camp

---

<b>WHAT TO BRING TO Lax &amp; Ski CAMP</b>
--

### **EQUIPMENT & ATHLETIC CLOTHING:**

#### **Lacrosse: ( will be played in a indoor field house on field turf)**

- Stick
- Goalie Equipment (if necessary)
- MOUTHGUARD
- Gloves
- Goggles
- Shoes: Sneakers and Cleats and Turfs /Cross Trainers for field turf
- Socks, T-shirt's, shorts, etc.
- Sweatshirt/Sweatpants and any warm clothing
- Duffle bag to carry things to and from field
- Water Bottle

#### **Ski/Snowboard:**

- Ski/ snowboard equipment – rentals will be available at a discounted cost
- Gloves, Hat, Warm Socks. Goggles, Helmets
- Jacket
- Ski/Board pants
- Warm layers
- Hand/Feet warmers

### **PERSONAL ITEMS:**

- Personal Toiletries
- Soap, toothbrush, toothpaste, shampoo
- Snacks (if necessary)
- Money to purchase items at camp store
- Linens and Towels will be provided by hotel
- If Flying- Photo ID/Drivers License

**•PLEASE HAVE PROPER IDENTIFICATION ON ALL OF YOUR LUGGAGE•**