



3 DAY CAMP

Items to Bring

- CHECKLIST -

2023 - 3 day stay list - Ages 10 and older

- ___ Martial Arts Uniform and Belt
- ___ Sparring Head Gear and Gloves
- Optional Martial Arts Equipment (ex: staff, nunchaku, dagger)
- ___ Sleeping Bag (Pillow Optional)
- ___ 3 pairs each - Underwear & Socks
- ___ Evening relax clothes for sleeping (Pajamas)
- ___ 1 Pair - Tennis Shoes (outdoor workout shoes)
- Optional - Out door hiking shoes
- ___ 1 pairs - Long Pants & Shorts
- ___ 2 T-Shirts
- ___ Sweat-Shirt and or Light Jacket (**will be cooler in the evenings**)
- ___ Comb / Brush
- ___ Toothbrush & Toothpaste
- ___ Soap & Shampoo
- ___ Towel
- ___ Coat Hanger for uniform
- ___ Misc. Toiletries
- ___ Flash Light

Special Note: Any medication must be supplied with details of dosage.

DO NOT BRING ANY: food, candy, radios, computer games, money, camera or phone!

If you have any questions or information that we would need, please let us know