



TRUE NORTH LACROSSE CAMP

What To Bring To Camp

Lacrosse Equipment

Everything you need to take the field for a full contact game. Make sure all equipment is clearly labeled with your first and last name. Sticks, helmet, gloves, shoulder pads, arm pads, mouth guards, cup and throat protectors (for goalies). We recommend bringing a second stick.

Shoes

Shoes for playing on both grass and concrete surfaces.

Performance Apparel

Everything you need to wear under your equipment. Compression shorts, shirts and socks.

Skin Protection

Sunscreen, bug spray, Goldbond, etc.,

Medications

Please notify the camp trainer at registration of any medical conditions and medications. This includes allergy medicine, inhalers and Epi pens.

Snacks and Refreshments

We recommend packing a small cooler with plenty of drinks and healthy snacks. We take multiple water breaks throughout the day and campers are expected to bring their own drinks. In addition, there is an extended break in the middle of each daily session for a snack.

Optional – Spending Money on the Last Day

Funds for the camp store. Campers will have an opportunity to purchase True North apparel and accessories on the last day of camp.

WARNING

Please be advised that any electronic devices such as CD/DVD players, ipods, video games, televisions, radios, or cell phones are brought to the camp at your own risk. The True North Lacrosse Camp is not liable or responsible for lost and/or stolen items. Campers are warned not to bring any expensive electronics or jewelry.

