



PACKING LIST
205 RISING JUNIOR LACROSSE CAMP
ADMINISTRATIVE OFFICE
17 EASTPORT COURT
LUTHERVILLE, MD 21093
410-321-1972 (VOICE)
410-321-1140 (FAX)
RISINGJUNIORS@205LACROSSECAMPS.COM

Sleeping bag or blanket
Pillow
Sheets/Pillow case
Towels/washcloths
Alarm Clock
Drinking Cup
Swimsuit
Rain Gear
Casual Clothes
Sweatshirts, pants
4-6 pairs of shorts
8-10 T-shirts, tank tops
8-10 pairs of athletic socks
Underwear
Toilet Articles (shampoo, soap, baby powder, deodorant, band-aids, comb, brush, etc)
Sneakers for dry turf
Turf shoes for wet turf
Cleats for grass
Athletic supports

You must have the following equipment to play:

Helmet and chin strap
Shoulder pads
Arm pads
Gloves
Stick(s)
Mouthpiece
Cup
Goalies: chest protector, mouthpiece and cup