



**PACKING LIST**  
**205 LACROSSE CAMP**  
**ADMINISTRATIVE OFFICE**

P.O. Box 428

WAYNE, PA 19087-0428

484-321-2399 (VOICE)

484-585-1692 (FAX)

[RISINGSENIORS@205LACROSSECAMPS.COM](mailto:RISINGSENIORS@205LACROSSECAMPS.COM)

Sleeping bag or blanket

Pillow

Sheets/Pillow case

Towels/washcloths

Alarm Clock

Fan (dorm rooms may not be air-conditioned)

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