

NORTH ALABAMA TEAM CAMP

2014 Player's Checklist

--This checklist is designed for overnight campers and teams, but should also be used as a guide for commuter teams.

--NATC **will** provide sleeping spaces at the camp, but **will not** supply beds/cots.

--NATC strongly suggests that all electronics, jewelry, money, or any other items of value be left at home and not brought to camp. NATC and Hueytown High School assume no responsibility for lost, stolen, or damaged property of any player, coach, or parent.

Linen

Campers need to bring their own linen

- Sleeping bag/air mattress
- Sheets
- Pillow

Clothing/Apparel

Bring enough to change prior to each practice

- € 1 pair sneakers
- € 1 pair football cleats
- € Undergarments
- € Sleeping Clothes
- € 5 pair shorts (practice)
- € 5-6 T-shirts (practice)
- € Socks (multiple pairs)

Hygiene Items

- At least 2 towels
- Shower shoes
- Personal Toiletries
- Laundry bag

Miscellaneous

- Sunscreen/protective lip balm
- Sunglasses
- Notebook/pen or pencil for note taking
- Glasses/contact lenses (Don't forget contact solution)
- Bug spray or lotion
- Water bottle
- Prescription or OTC medicine (Only medicine listed on registration form)

Extra On-Field Stuff

- Football Helmet
- Mouthpiece
- Gloves
- Braces/wraps
- Football towel