



## 2021 CAMP CHECKLIST

Review this checklist to make sure you are ready for your summer hockey camp experience!

### WHAT TO BRING:

- On-Ice Hockey Equipment and Stick (s) as per Hockey Canada/ USA Hockey.
- Neck guard
- At least 2 sticks
- Thermal underwear and jock
- Hockey socks (knit)
- **Sharp** skates and hockey socks
- Stick and sock tape
- Water Bottle
- Athletic Clothing: T-shirts, shorts, hoody
- Athletic Shoes and sports socks
- Ball Cap
- Sun-screen and additional sun protection are a great idea.
- Please label your belongings!

**\*PRACTICE JERSEYS WILL BE PROVIDED\***

### FOOD/ DRINKS & HYDRATION

- If you have purchased the meal program, hot lunch and snacks will be provided
- If you have not purchased meal program already, you can call in to purchase the program up until one week prior to camp
- Otherwise, please bring your own lunch/snacks (please read protocols regarding food)
- All camp groups will eat together as a team in the appropriate facilities
- Remember to keep your water bottle with you for ALL activities. **DO NOT SHARE WATER BOTTLES**

### FOOD/ DRINKS & HYDRATION

This is a full day camp with a full daily itinerary. Please come prepared each day with all the necessary equipment, items and gear to execute all events appropriately.

Okanagan Hockey Camps are ready for you! Are you ready for camp?

*See you on the ice!*