



2011 Iowa High Performance Camp Suggested Checklist

NECESSITIES

- Toiletries
 - Soap, Toothpaste, Toothbrush, Razor
 - Brush, Comb & Hair Care Products
- **Bedding (twin size beds)**
 - **Pillow(s), Comforter and/or Blanket**
 - **Sheets and Pillowcases**
- **Towels**
- Shower Shoes
- Alarm Clock
- Fan (rooms have AC)
- Flashlight & Batteries
- Phone Cards or Calling Card for Long-Distance Service/Cell Charger
- Sunscreen!!!
- Water bottle
- Practice clothes (you may need to change several times a day)
 - T-shirts – no cut off shirts.
 - Shorts
 - Socks- 3 sessions per day!
 - Knee pads
 - Shoes

LAUNDRY TIME

- Laundry Bag
- Detergent/Fabric Softener
- Quarters for Washer/Dryers

SNACK TIME

- Healthy snacks
- Bottled Water
- Gatorade

OUTDOOR SESSION (GRASS VOLLEYBALL)

- Sunscreen
- Chapstick w/ SPF
- Water bottle
- Towel
- Old shoes (all will be required to wear shoes—running shoes will work)
- Clothes that can get dirty (grass stains)
- Hat/Visor
- Sunglasses

WHAT NOT TO BRING

- Extension Cords (use a surge protector power strip)
- Hot Pots/Open Element Items
- Candles or Incense
- Refrigerators
- Large TVs
- It will not be necessary to bring any money—all meals are provided. There may be vending machines in the dorms or the Memorial Union.