

## Packing Instructions for HP Travel Teams

This year is a little different from previous years because we will be staying in a hotel for all of the pre-tournament camp and the HP Championships. Practices are at SE Polk HS—we will provide transportation to the practice site from the hotel. You will receive an Iowa HP backpack that you can use to take your gear to practice and during the tournament (and you get to keep your backpack).

The hotel rooms have 2 Queen beds and a pull-out; most rooms will have 5 people per room. Keep that in mind while packing, and don't overpack! Remember that the hotel will have a hair dryer.

### For Pre-Tournament Camp:

- Clothes for practice sessions—shorts, shirts, socks, underwear
- Pajamas
- Toiletries
- Volleyball shoes and kneepads
- Money (we will provide all regular meals)
- Photo ID (we will collect these at check-in to make a copy and return them that evening)

### For HP Championships:

- Shoes to wear walking to the Convention Center
- Clothes to wear going out (restaurants, to the mall, etc.)—**BRING APPROPRIATE CLOTHING**. We reserve the right to ask you to change into more appropriate clothing if we feel it is necessary.
- Opening Ceremonies—we would like to have everyone wear khaki shorts and their white long sleeve Iowa HP shirt
- GSEL & GYNT will be getting navy Mizuno spandex. WJNT will be getting black spandex without a logo on the leg. If you have matching spandex of your own at home, it is a good idea to bring those along so you have more than one pair of spandex.
- **HP Camp t-shirt** (WJNT will receive these in their bag if they didn't attend camp)
- Swimming wear
- Sunglasses
- Toiletries—don't forget deodorant and a razor!
- Hotel provides a hair dryer
- Snacks
- Money (for meals, entertainment, souvenirs, etc.)
- Sunscreen
- Underwear, socks, sports bras
- Curling iron, make-up, hair stuff (not a hair dryer—provided by hotel)
- Alarm clock (or use your cell phone)
- Cell phone charger
- Camera (extra batteries, extra SD card)