



ODP EVENT PACKING LIST

The following is a guideline for what to bring with you. Use this not only as a checklist when you pack to come to the event but also to remember what you should be packing up to leave with as well. Mark everything with your name. Remember not to bring expensive items or large sums of money.

SOCCER EQUIPMENT:

- SHINGUARDS (Mandatory)
- WATER BOTTLE (Mandatory)
- SOCCER CLEATS (Mandatory)
- Black Soccer Shorts (2 pair)
- White Soccer Socks (2 pair)
- Black Soccer Socks (2 pair)
- Warm-Ups
- White T-shirt to train in
- Black T-shirt to train in
- Sweatshirt
- Backpack
- Raingear (Optional)
- Keeper gloves/pants/shorts

*You do not need to bring a soccer ball to this event.

CLOTHING ITEMS:

- Jeans/slacks*
- Light Jacket
- Sleepwear
- Shoes/sneakers/sandals*
- Shirts*
- Swimming Suit for Pool Recovery

*You will need very little non soccer clothing while at this event.

TOILETRIES:

- Shaving items (If needed)
- Toothbrush/paste
- Comb/brush (If needed)
- Sunscreen
- Deodorant

MISCELLANEOUS ITEMS:

- Family Phone Numbers
- Spending Money (personal snacks/sport drinks)
- Hat (Optional)
- Notebook & Pen/Pencil

MEDICAL SUPPLIES:

- Prescribed medications: Parent Permission authorizing dispensing and clear written Instructions.
- Tape/pre wrap (If needed)
- Inhaler (Exercise-Induced Asthmatics – Carried in backpack at all times)
- Epi Pen* (*If prescribed – Carried in backpack at all times)