



Check When Packed!	Required items to bring
	Sheets & blanket for twin bed
	Pillow & pillowcase
	Towels, washcloth
	Toiletries & soap
	Sunscreen
	Bug repellent
	Enough soccer socks for 3 dry pairs per day
	Enough underwear for 3 dry pairs per day
	Soccer/training clothing
	Non-soccer clothing, socks, underwear
	Pajamas
	Regular footwear or sandals/flip-flops
	Bag for dirty laundry
	Gear bag for to/from soccer activity
	Broken-in cleats (NO NEW CLEATS!)
	Shoes suitable for soccer on a multipurpose surface
	Shinguards
	Soccer ball with name on it
	Optional items to bring
	Healthy snacks
	Energy bars
	Sports/hydration drink
	Additional waterbottle (you will receive one at check-in)
<p><i>Each DORM (not each floor, but each Dorm) has a single community fridge available. Be mindful to allow room for others to put sports drinks if you choose to use the fridge.</i></p>	
<p align="center">Don't Bring Fan - dorms are air conditioned Expensive devices Valuable jewelry Unhealthy food or snacks</p>	



Camp Rules: Go over these with your child!

- ✓ We are guests on the campus of Grinnell College. Treat all college personnel and property with respect.
- ✓ Players must be courteous with coaches, chaperones and each other. You are responsible for your conduct. Inappropriate behavior, including bullying, can result in your removal from camp, with or without warning.
- ✓ If you need help with anything at any time, you need to talk to a camp chaperone. They are at camp to help you navigate your day, find things, or get you to someone who can help. Make sure you ask them for help!
- ✓ If you get injured, pull a muscle, develop a blister, feel sick, etc...you need to let someone know. There is a certified athletic trainer at camp who knows how to help you. Make sure you ask for help.
- ✓ Keep your room, the bathrooms and the dorm lounges clean. Clean up after yourself.
- ✓ You are not allowed to leave camp boundaries at any time!
- ✓ You are responsible for locking your dorm room and making sure you have your keys with you at all times -- when you go to the soccer field, the bathroom or shower, the dining hall, or if you just run down to the dorm lounge to talk to someone. Take your keys and don't lose them!
- ✓ Use and/or possession of drugs, alcohol, and/or tobacco is cause for immediate dismissal.

Emergency Contact Situations

In case of an **emergency** and you need to speak with your child, go through the Head Chaperone so your child doesn't receive the news while alone. All chaperones, including the Head Chaperone, are there as "surrogate parents" to help your child! You may either call your child's cell and ask him/her to tell the Head Chaperone to call you back, or you should call the Grinnell College switchboard at 641-269-4000. Leave your name and best phone number(s) and stress that the dispatcher immediately get your message to the Iowa Soccer Developmental Camp Head Chaperone.

If you need to get a **non-emergency** message to your child, you can reach Camp Director Damien Corrieri at 515-451-5157