

MILAN JUNIOR CAMP - LIST OF ITEMS TO BRING

IMPORTANT AND MANDATORY

You must bring with you on the first day of camp:

- 1) FILLED OUT AND SIGNED PAPER REGISTRATION FORM** which will be provided in the camp welcome email packet for registered campers.
- 2) MEDICAL CERTIFICATE** which is *LESS THAN 1 YEAR OLD AT THE START OF CAMP*. You will not be accepted at the camp without the medical certificate. You can find a sample medical certificate to bring to your doctor in the camp welcome email packet for registered campers.
- 3) INSURANCE CARD** Bring a copy of your personal medical insurance company card to the camp to give it to the staff on the first day of camp with your medical certificate.

WHAT TO BRING (residential campers):

Be prepared for a very active stay whether it is wet, dry or cold.

Suggested clothing for 1 week :

SOCCER KIT:

- **USED SOCCER SHOES WITH MOLDED RUBBER STUDS ONLY, NO METAL STUDS ALLOWED**
- 1 pairs of soccer socks (backup)
- Training shoes
- 2 sweatshirts (mainly for Cortina and Gallio)
- Jogging pants (or similar)
- 1 Set of wet clothing (in case of rainy weather)
- Shin guards
- 1 pair Soccer shorts

LEISURE WEAR:

- Rain jacket (mainly for Cortina and Gallio)
- 2 pairs of jeans/trousers or sweat pants
- Swimsuit
- Polo shirts and T-shirts
- Socks (plenty!)
- Underwear (lots!)
- Indoor shoes
- Towels (2) showers
- Outdoor sandals
- Toiletries
- Pajamas
- A sports hat
- Wet weather clothing
- Towels (1) beach (for the swimming pool)
- Sunscreen cream
- Italy plug adaptor (for cell phones etc.)

Have some pocket change for telephone calls, soft drinks, souvenirs and other things.

Make sure your clothes are marked with your name on them (including having your name on the inside label of your child's rain jacket for Cortina or Gallio sessions), have a list of the items in your luggage and **DO NOT BRING NEW SOCCER SHOES**. You need to have used, comfortable soccer shoes to play in.