



**FUTURE STARS
"WHAT TO BRING" LIST**

EQUIPMENT PACKING LIST: Helmet (make sure all pieces are attached and tightened down, chin strap, screws, etc), Shoulder Pads (make sure all pieces are attached, all hooks, straps, etc), Girdle (compression shorts with slots for or built-in pant pads, if no girdle then bring all Pant Pads, Belt, Practice Pants (white preferred), Mouthpiece, Cleats. We recommend you bring an equipment bag, this helps you carry equipment to each practice and game day. Practice Clothing: make sure you bring plenty socks, under shirts, etc. You are responsible for all football related padded equipment (shoulder pads, pant pads, belt, and helmet).

GENERAL PACKING LIST: Underwear, Socks, Toiletries (toothbrush, toothpaste Athletic Clothes: t-shirts & shorts, Athletic Shoes or slides, Swim wear (not guaranteed will get to swim but possible). We are staying in a hotel so your player will NOT need to bring any bedding.

We recommend that you DO NOT bring electronics and/or expensive items that can be lost or stolen. Cell phones are okay (remember your charger). It is your decision if you bring an iPod, iPad, etc.

PLEASE DO NOT FORGET ANY PIECE OF EQUIPMENT AS WE WILL NOT HAVE ANY ACCESS TO REPLACE IT. TRIPLE CHECK YOUR HELMET, SHOULDER PADS, ETC TO MAKE SURE THEY ARE IN GOOD SHAPE. DO NOT FORGET CLEATS!!