

2018 Zone One Gymnastics Camp

Packing List

To ensure that you have all the items necessary for a fun week at the 2018 Zone 1 Gymnastics Camp, please follow the list below!

Gymnastics Items:

- Running shoes
- Reusable water bottle - labelled with athlete's name
- Lunch kit - with 3-4 snacks per day + 2 large meals per day (lunch + meal at break during training)
- Gymnastics training attire (enough for 5 training days)
- Grips, wristbands + athletic tape (if used by gymnast)

Activity Items:

- *This year we will be hosting a **Zone Camp Talent Show**. We ask that all acts be *non-gymnastics acts* and under 3 minutes. Acts can be performed in a group or individual performance. Please bring any props/ musical instruments/ costumes etc. required for your talent performance!
- New Plain White T Shirt - to decorate** (with athlete's name labelled on the inside)
- Backpack labelled with athlete's name
- Casual outfit (photoshoot)
- Active wear (outdoor training, hike) + running shoes/proper walking shoes for activities.
- Jacket/rainwear
- Extra layers (pants/shorts, sweaters/long sleeve shirts)
- Bathing suit + towel + water shoes/sandals
- Hat + sunglasses
- Sunscreen and bug spray
- Several outfits for the week

Additional Items:

- Toiletries
- Journal/note book
- Pajamas + pillow/ blanket/ favourite stuffed animal
- Camera/ iPod/cell phone - please note use of electronic devices **will not be permitted during training or activities**. Athletes may keep phones in their backpack/away during team activities + in the coach's office during training. ***No cell phones are permitted at any time in the change rooms.***