



The AC Packing List applies for both 1-week and multi-week athletes. Multi-week athletes will have their clothes and linens professionally laundered mid-session. **Please label all items**, including clothing, bedding & equipment, with your athletes' full name or first name and the first initial of last name.

AC GEAR PACK: All athletes will receive their AC Gear pack on arrival day. This includes 2 AC-branded performance t-shirts, 1 AC-branded pair of "pajama" pants, a Maize & Blue reversible pinnie, and an AC string bag.

ATHLETIC WEAR

- ___ 10 pairs of shorts
- ___ 10 pairs of sports socks
- ___ 10 short-sleeve performance shirts
- ___ 2 long-sleeve performance shirts
- ___ 1-2 pairs of sweatpants

UNDERWEAR/SWIMWEAR

- ___ 10 pairs of underwear/sports bras
- ___ 2 swimsuits (One-piece only for girls)

SLEEPWEAR

- ___ 2 sets of sleepwear

ADDITIONAL CLOTHING

- ___ 4 casual t-shirts
- ___ 1 plain white tee for tie dye
- ___ 1 casual outfit for closing campfire (i.e.: polo, nice shorts, sundress)

BEDDING/BATH/LAUNDRY

- ___ Twin XL sheets (fitted, flat, pillowcase) **One set for 1-week, 2 sets for multi-week athletes**
- ___ 1 blanket or comforter
- ___ 1 pillow
- ___ 3 towels
- ___ 1 Laundry bags (2 for multi-weeks)
- *Note: bedding and towels can be rented using the form in CampInTouch**

ADDITIONAL

- ___ 2 water bottles
- ___ Sports sunscreen
- ___ Deet-free insect repellent
- ___ Personal toiletries (toothbrush, toothpaste, soap, shampoo, deodorant, hair brush)
- ___ Personal fan (plug-in or battery operated)
- ___ Flashlight w/ batteries

OUTERWEAR

- ___ 1 waterproof lightweight jacket
- ___ 2 sweatshirts/fleece
- ___ 1-2 hats (cap, visor, bucket)

FOOTWEAR

- ___ 1 pair of running shoes
- ___ 1 pair of casual sneakers (optional)
- ___ 1 pair of flip flops, slides, Crocs

OPTIONAL

- ___ 1 bathrobe
- ___ Shower caddy for toiletries
- ___ Stamps/writing material
- ___ Watch (no smartwatches)
- ___ Alarm clock
- ___ Favorite team jersey
- ___ Age-appropriate reading/games



Below are recommended packing items by sport. These are in addition to the ATHLETIC WEAR recommendations on prior page. Balls are provided by Academy Camps for all sports that require them. Your athlete may bring items that will facilitate their training in addition to what is noted below.

BASEBALL

- ___ 1-2 pairs of baseball pants
- ___ glove
- ___ bat
- ___ batting glove
- ___ cleats (no metal spikes)
- ___ sliding shorts
- ___ hat

BASKETBALL

- ___ basketball sneakers

FOOTBALL

- ___ cleats
- ___ receiver gloves (optional)

SOCCER

- ___ cleats
- ___ shin guards
- ___ 5 pairs of soccer socks

SQUASH

- ___ non-marking soled sneakers (white or gum)
- ___ squash racket

SWIMMING

- ___ 3-4 bathing suits
- ___ 2 swim caps
- *towels provided

TENNIS

- ___ tennis racket
- ___ tennis sneakers
- ___ hat or visor

VOLLEYBALL

- ___ volleyball sneakers
- ___ knee pads
- ___ arm sleeves (optional)