



2020 CAMP CHECKLIST

Review this checklist to make sure you are ready for your summer hockey camp experience!

WHAT TO BRING:

- On-Ice Hockey Equipment and Stick (s) as per Hockey Canada/ USA Hockey.
- Neck guard
- At least 2 sticks
- Thermal underwear and jock
- Hockey socks (knit)
- **Sharp** skates and hockey socks
- Stick and sock tape
- Water Bottle (we sell them too!)
- Athletic Clothing: T-shirts, shorts, hoody
- Athletic Shoes and sports socks
- Ball Cap
- Sun-screen and additional sun protection are a great idea.
- Please label your belongings!

JERSEYS WILL BE PROVIDED

FOOD/ DRINKS & HYDRATION

- If you have purchased the meal program, lunch and snacks will be provided
- If you have not purchased meal program already, you can call in to purchase the program or you can purchase it on the first day of your camp
- Otherwise, please bring your own lunch/snacks
- All camp groups will eat together as a team in the appropriate facilities
- *There are multiple water stations on campus to keep your water bottle topped up*
- Remember to keep your water bottle with you for ALL activities

FOOD/ DRINKS & HYDRATION

This is a full day camp with a full daily itinerary. Please come prepared each day with all the necessary equipment, items and gear to execute all events appropriately.

Okanagan Hockey Camps are ready for you! Are you ready for camp?

See you on the ice!