OKANAGAN
HOCKEY CAMPS

# 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
- 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!

*PRACTICE JERSEYS WILL BE PROVIDED*

## FOOD/ DRINKS & HYDRATION

- We recommended packing snacks in your hockey bag!
- Remember to keep your water bottle with you for ALL activities. DO NOT SHARE WATER BOTTLES

**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!