What do I pack for the City of Pembroke Pines Soccer Camp?

PACKING LIST: Please bring the following everyday of camp.

- **Dress them accordingly for Soccer & the weather. We provide them a camp shirt. Have them wear a loose comfortable short that they can move around in.**
- **Mandatory Soccer Equipment: Soccer Cleats, shin-guards, and soccer socks.**
- **Refillable Water Bottle (labeled) Prefer normal clear water bottle to be put on ice all day.**
- **Healthy snacks and drinks (labeled)**
- **Label the Backpack that holds the campers belongings.**
- **Change of Clothing or extra t-shirt in case of rain, sweat or we have a fun day of getting wet (water balloons or slip and slide).**
- **Be sure to put sunscreen & mosquito repellant on them before arriving to the park.**

REMEMBER TO:

- **Remember to label EVERYTHING with first and last name.**
- **DO NOT bring any electronic items or personal items to camp.**
- **We recommend that you do not send unnecessary clothes, watches, jewelry.**
- **Bring Goalie gloves in backpack, if your child plays goalie normally.**
- **If you want your child to wear sunscreen, you must apply it at home. If you bring spray type can be reapplied during camp by student.**
- **Refrigerators will not be available so pack lunches/snacks appropriately for the day.**

LOST AND FOUND

PLEASE MARK ALL ITEMS with campers first and last name. It is the responsibility of the camper/parent to check the Lost & Found each day and prior to leaving camp. All unclaimed items will be held until the end of camp and then DONATED. If you discover that your child has lost something at camp, please call the office at (954) 538-3696. You will be amazed at the amount of items we get in Lost & Found weekly! Check to make sure you have all items and bags before leaving camp.

SNACKS AND LUNCHES

NO LUNCHES OR SNACKS will be provided by the City of Pembroke Pines at all. Please be sure you pack a lunch box for your child(ren). You need to be sure to pack an ice pack with the lunch to keep it cold for it is very hot during the month of June & July. The lunch stay in an air conditioned room at all times. Water thermoses are great refillable containers that will keep your child's water cool. We advise using normal water bottles for during the day the water bottle stays in a cooler of ice at all times so they always have cold water to drink. We put coolers of ice along the side of the soccer field we practice on daily. Be sure to pack enough food and snacks for the length of you child's stay. They have a snack mid day and then they like to snack awaiting their pick up time. You must provide your child with a very nutritious breakfast before camp, so that they have energy for all the morning activities.