



PACKING LIST

*Resident teams are housed at Chula Vista Resort.
All rooms are air-conditioned and fully furnished with bedding, towels, etc.*

Athletes should bring:

- Wrestling gear (i.e., head gear, workout gear, singlets, etc.)
- Swim trunks
- Money for incidentals (i.e., snacks/apparel items) if desired
- Work out gear
- Masks - if preferred

Coaches should also bring:

- Each team must bring their own MedKit with supplies for taping and blood cessation. Athletic trainers will be present during the wrestling sessions.
- Golf clubs (optional) - Coaches have the option to golf at the resort prior to the social. Sign-up will start early June.

Please note:

- We are not responsible for valuables lost or stolen at camp. We recommend that athletes **DO NOT** bring valuables to the wrestling complex.
- Teams should remember to lock ALL doors (including patio doors, even on upper levels) when leaving rooms.