



## PACKING CHECKLIST

Your 2023 Schools Champs team has put together the below packing list to help your athletes get ready for Games! Please account for any personal items athletes will require that are not listed. The items on this list are a suggested packing list.

Athletic clothing	2 days of competition	<input type="checkbox"/>
Running shoes		<input type="checkbox"/>
Clothing for Athletes Dance	Theme: "The 80's"	<input type="checkbox"/>
Clothing for Dinners/lounging	3-day trip	<input type="checkbox"/>
Pajamas	2/3 nights	<input type="checkbox"/>
Toiletries	i.e. Toothbrush Toothpaste Deodorant Shampoo Soap	<input type="checkbox"/>
Casual shoes	Extra pair of shoes – aside from competition shoes	<input type="checkbox"/>
Snacks	In between meal times	<input type="checkbox"/>
Water bottle		<input type="checkbox"/>
Hat	Outdoor sports specific	<input type="checkbox"/>
Sunscreen	Outdoor sports specific	<input type="checkbox"/>
Rain gear	Please check the weather for Kingston!	<input type="checkbox"/>
Medication	*if necessary	<input type="checkbox"/>
Spending Money	i.e. Snacks or tourism options	<input type="checkbox"/>
Travel documents	*if necessary	<input type="checkbox"/>

### ***Sport specific packing***

Outlined below is equipment for each sport.

**\*Please label all equipment\***



#### **Athletics**

- Team uniform
- Running spikes (optional)



#### **Basketball**

- Team uniform
- Indoor running shoes required



#### **Bocce**

- Team uniform



#### **Soccer**

- Team uniform
- Shin pads
- \*No metal cleats\*



#### **Floor Hockey**

- Team uniform
- Indoor running shoes required
- Slik Stick (SO floor hockey specific)
- Helmet (CSA approved)
- Gloves
- Shin pads
- Athletic support (jock/jill)
- Elbow pads (strong encouraged)
- Mouth Guard
- Shoulder pads NOT permitted – except for goalies
- Extra Floor Hockey stick for Floor Hockey Opening Ceremony (will be returned after)

**\*Please label all equipment\***