

Packing List

Campsite

- Bug Spray
- Sunscreen
- Extra fuel for your generator (if applicable)
- Lawn/camping chairs (to bring back and forth from your campsite to the wrestling mats)
- Flashlight with extra batteries
- Headlamp with extra batteries
- Important notes:
 - ATV's are not allowed on the roads connecting the campsites to the wrestling mat locations
 - There is no cell phone service at the location of the wrestling mats

Wrestlers

- Bathing necessities
 - Soap
 - Shampoo
 - Towel
 - Shower shoes (if desired)
 - Sanitary wipes (to clean/wipe down between wrestling sessions)
 - Toothbrush
 - Toothpaste
 - Floss
- Health necessities
 - Any prescribed medications required by you or your wrestler
 - Vitamin C
 - Benadryl
 - Zyrtec
 - Ibuprofen
 - Tylenol
- Wrestling/workout necessities
 - Separate gear/wrestling bag to keep all of your wrestling/workout gear in
 - Two 500 ml water bottles (stainless steel is recommended) - bring full to every session
 - Wrestling shoes
 - Headgear (optional)
 - Running shoes
 - Two sets of workout clothes for each day
 - Swimsuit
 - Hoodie
 - Long sleeve shirt
 - Sweatpants/joggers
- Other
 - 1 to 2 pairs of jeans or other pairs of pants
 - Hiking shoes or boots
 - Jacket
 - Rain apparel
 - Fishing equipment (optional)