



Judo Saskatchewan Summer Camp What to Bring Checklist



Judo and Workout Gear

- Minimum 2 Judo Gi's & Pants (We have 5 days of judo bring multiple Gi's)**
- Judo Belt**
- Braces, KT Tape, sports tape, and any other athletic accessories needed**
- Sandles/Zori - no bare feet between Judo sessions!**
- Running Shoes**
- Gym shorts and shirt**
- WATER BOTTLE - It will be hot hydration is critical!**

Personal Items

- Bedding / Sleeping Bags (Mattress and Beds are provided but you need to bring your blankets etc)**
- Pillow**
- Toiletries - Shower supplies, toothbrushes, toothpaste, nail clippers, etc.**
- Personal Towel**
- Day time Clothes**
- Sunscreen**
- Nightwear**
- Spending Money**
- FAN - It does get warm in the dorms bringing a small fan is recommended.**

Hydration & Snacks

- Food and water are provided but bringing your own snacks and extra water is a smart idea**
- WATER BOTTLE (a second reminder)**

Extra Items

- Personal Games for free time (cards, board games, etc)**
- Books**
- FAN (second reminder it will be a warm week)**
- Team game items, soccerballs, spike-ball etc.**

Please note you are responsible for your belongings; keeping your rooms clean and your belongings in order, coaches and chaperons are not your babysitters. If you are bringing a game to play with others keep track of it when you're finished.

The kitchen staff are aware of everyone's dietary needs but if you need to please bring extra food to ensure you have what you need, especially if you are diabetic, etc.