

Jr Midget/Midget Camp Packing List

UCA Camp Information	
Location	California State University- Sacramento
Arrival Date & Time	July 10 th 8:30am
Departure Date & Time	July 12 th 9am (bring lawn chairs for performances) Camp ends at 11am following awards.
Coaches Contact Info	Jr Midget: Laura (223-6697) Midget: Megan (580-4299) April (206-7589)

Things to Pack		
The Necessities		
Bed Linens/Sleeping Bag	Twin size sheet Sleeping Bag/blanket Pillow Towel	
Toiletries	Anything you would use in the bathroom to get ready! <i>Sunscreen, lip balm, ace bandages or tape, medication for sore muscles or headaches.</i> All participants must administer their own medication.	
Snacks and Drinks	Dinner at camp comes early. With such a long lapse of time between dinner and when you go to sleep, you might get hungry. Healthy foods that can sit out for a few days are easy to eat on the go are your best options. (water, apples, granola bars, bananas, trail mix)	
Sleepwear		
Alarm Clock/Phone	All participants will be responsible for getting up and getting ready for camp each morning. Girls should set alarms either on their phone or with an alarm clock with enough time to shower and get ready for the day. Coaches will ensure that the team is all ready before heading down to breakfast.	
Reusable H2O Bottle	UCA will provide stations throughout the day to refill water	
Lunch for the 1st day	Camp begins at 1. Girls should bring a healthy lunch to have in their dorms prior to start. Dinner will be at 4:30.	
Room Decorations		
	All decorations must be applied with (blue) painters tape. All cheerleaders are responsible for cleaning rooms and disposing of their decorations prior to leaving camp.	
Cheer Accessories		
❖ <i>Coaches will bring Poms and Signs for team</i>		
Day 1	Outfit	Camp Wear Outfit and white sports bra
	Bow	White Bow
	Shoes	White practice cheer shoes and white no show socks

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Cheer Accessories cont.		
Day 2	Outfit	White tryout T-Shirt, Maroon shorts,
	Bow	Maroon/Maroon Polka Dot Bow
	Shoes	white cheer shoes/no show white socks
Day 3	Outfit	Maroon Jamboree jersey White Soffee shorts
	Bow	Gold Glitter Bow
	Shoes	white cheer shoes/no show white socks
"Treasure" Pep Rally		
Accessories	Your team will get creative and dress in their favorite TREASURE theme.	
White Pillow case	Each participant should bring a white pillowcase for Pep rally	
Poster Materials	Posters/markers/office supplies	
Tips		
Label everything with your name!		
Leave all valuables at home	Jewelry, electronics (except your cell phone to call mom and Dad at home), meaningful personal items. Lost or stolen items will most likely not be replaced	
Bring Spending \$ (Optional)	Most participants bring \$50-\$55 for snacks, soft drinks, and of course items from "The Spirit Shop" available each night and at the end of camp.	
Small cheer bag	All participants will be responsible for keeping track of any items during camp. Cheerleaders should bring a water bottle to carry around. They may choose to keep it and other necessary supplies(sunscreen, lip balm, ect.) in a small bag clearly labeled with name and coaches number incase lost at camp.	