

Suggested Packing List for Camp

Bedding/personal items

- Sleeping bag or twin-sized linens
- Pillow
- Towel
- Toiletries
- Ear plugs
- Flashlight/headlamp
- Hat
- Sunglasses
- Swimsuit (there is a pool!)
- Party clothes, if you like
- Bug spray
- Sunscreen
- Your own tent/camping gear if you opt to camp

Covid Supplies

- Air purifier (for cabin)
- Masks
- Rapid tests (one per day on site)

Training Gear

- Training clothes
- Your belt (if applicable)
- Sparring gear
- Mouth guard
- Shoes for training outside
- Water bottle
- Training journal/notebook

If interested for certain classes

- Yoga mat/blocks
- Bokken/wood sword, or arnis canes
- Blank journal (for the Illustrated Training Journal Class)