

## Pine Forest Packing List 2018-2019

### Practice Outfits:

**Monday** - you can wear anything you like on the bus to travel in. You will have time to change when we get to the cabin.

Girls: White RHS CHEER tank from Elaine's, Navy Varsity Pros, White Sports Bra

Boys: Light Blue Randolph Football Sideline Tee, Any Black Shorts you own

### **Tuesday**

Girls: Hot Pink Practice Top, Coordinating Blue and Pink RAMILY shorts, White Sports Bra

Boys: Hot Pink Practice Top, Navy Shorts (you can decide which ones)

### **Wednesday**

Girls: Mint Tank, Coordinating Charcoal Shorts (you did not receive these yet), Charcoal or Navy Sports bra (the new optional one with mesh detail matches the shorts perfectly), R Socks

Boys: Navy Cotton Tee Shirt with Mint Writing, Charcoal Shorts

### **Thursday**

Girls: Practice Uniform Outfit (Navy Tank and Skort), Navy Sports Bra (you will run laps if I see anything other than a navy sports bra with this outfit) R Socks

Boys: Navy Sublimated Tee, Navy Shorts (you can decide which ones)

**Cheer Sneakers** - if you bring BRAND NEW SNEAKER, please take time to break them in. Days are long and sore feet will make them feel longer....

**At least 4 pairs of White Socks** (you may want to bring more so that you can change your socks during lunch or dinner breaks. Plan accordingly)

**4 Days of Underwear**

**4 Sports Bras** – 2 White, 1 Navy, and 1 Charcoal or a second Navy MANDATORY. You will run laps if I see Hot Pink sports bras.

**Sweatshirt** – light jacket – or warm fleece (we are in the woods, when the sun goes down it will get cold)

**Sweat Pants or comfy clothing** (after a long day of cheering you will want to be comfy while hanging out in the cabin or walking to the canteen for a late night snack)

**Pajamas for 3 nights**

**Towels and shower gear (shower sandals too!)**

**Bed Linen for twin size bunk** (pillow cases, blankets, sleeping bag, sheet set, whatever you need to sleep. Beds are provided, but no sheets or pillow so **BRING YOUR OWN!**)

**Personal Fans!** Please remember, if every outlet is used at the same time, you might short circuit the electricity in the cabin. Plan for 2-4 LARGE FANS instead of 32 small ones. Personal battery operated fans will be helpful as well

**Personal grooming items** (tooth brush/paste, razor, shave cream, **CHAP STICK**, “lady products” like tampons, etc)

**Hair care** (shampoo, conditioner, elastics, bobby pins, gel, whatever you need to make a good impression)

**Flashlight** (just in case). We are in the woods and it will get DARK after the sun goes down.

**Alarm Clock** (if you rely on your cell phone BRING A CHARGER! There is no service and your phone will be roaming and batteries die quickly in the woods!)

**Bathing suit** (there is a pool on the camp grounds, if you would like to swim we may have some time)

**Refillable water bottle/Jug** (there are few water breaks. If you have your water bottle you will be able to stay hydrated. Remember, every other athlete will be given breaks the same time as you and refilling bottle may be difficult. One large bottle that stays cold will be better than smaller bottles)

**Snacks** (there are only 3 meals served / day with long breaks in between – especially after dinner. If you would like you can bring granola bars, water bottles, whatever you need. There is no fridge – so keep it simple)

**Freshman and Seniors** – if you are incorporating any props for your talent show performance, please don't forget them 😊

**Lunch for Travel Day 1** – we leave the HS very early in the morning and your first meal is not served until around 6pm. You may want to bring a sandwich or snacks.

**Optional Spending Money** (between \$50 - \$100 is PLENTY). There is a camp store with Pine Forest Cheer Gear like t-shirts, sweatshirts, and sweatpants. There is also a canteen that sells Pizza, Ice Cream, and Late Night Snacks if you want.

**We are able to decorate our bunk.** If you would like feel free to bring streamers, posters, anything you would like to make the place your own! ANY DECORATIONS MUST BE HELD UP WITH THUMB TACKS – **NOT TAPE**. PLEASE PLAN ACCORDINGLY.

**The theme this year is OUT OF THIS WORLD** and UCA will be hosting a Pep Rally one of the evenings. Bring any Alien, Spaceship, Out of this world themed gear you can!

**SUNSCREEN** – if you choose to wear your hair in braids with visible parts, please bring a SPRAY SUNSCREEN to get in the part.

**Bug Spray**

**PRO TIP – bring a small back pack or duffle bag with you at ALL times. Keep chapstick, water bottle, granola bar, fan, spare socks, tampons, whatever you think you might need. During classes they will give you quick breaks but it will NOT be enough time to run back to your cabin and restock whatever you need. So in the morning, pack your bag for the entire day**

### **WHAT NOT TO BRING**

**There is NO reason to bring the following items to camp:**

Jeans, High Heels, Excessive Make Up or Jewelry (**ANY OF IT!**). There is no one at camp who will be impressed with any of these items. So save them for another occasion!

Computer or anything that may be stolen

Bad Attitudes – Leave those at home!