



TEAM TOKEY HILL TRAINING CAMP ATHLETE'S CHECKLIST

- Bedding (Sheets, blankets and/or sleeping bag, pillow)
- Towels & Wash cloths
- Soap & Shampoo
- Personal hygiene supplies (toothbrush, toothpaste, deodorant, etc.)
- Athletic shorts and t-shirts for two full days
- Athletic shoes
- Jump rope – preferably a speed rope
- Non-refrigerated Snacks
- Lightweight Karate Gi & belt
- Sparring gear – feet, shins and hands (head gear optional)
- Groin protection for males
- Chest protector for females (optional for males)
- Mouth piece
- Personal items labeled

- Any doctor prescribed medications!

NOTE: If an athlete is 13 or over and staying the Training Center, please make the Team Tokey Hill Staff aware of what medications they are on and the dosage in WRITING the day of registration. Thank you!