

### **What to Bring**

We will be staying in the Snowflake High School Gym we will wrestle, shower, eat, and sleep at the gym. There are restaurants and grocery stores within walking distance of the gym the wrestlers will be allowed to go to in between sessions. They will be monitored and have to check out and in with the staff unless a parent does not want their child leaving campus.

They will need to bring their wrestling gear- wrestling shoes, headgear, running shoes, and clean workout gear for each session there will be 7 sessions. Toiletries- Body wash, towel toothbrush etc. Bedding- Sleeping bag and pillow etc. They will also want to bring snacks and drinks for in between sessions as well as extra money.