



# What to Have in Your Bag for Residential Camp:

Labels – Don't forget to label every article of clothing, equipment and other items you bring to the camp

1. Clothing (Each camper will receive 2 x Nike Jerseys, 1 x Nike Shorts, 1 x Nike Socks)
  - a. Full NCE Black COE/ZONE 1 Uniform
  - b. NCE White Tournament jersey
  - c. Soccer Shorts (one pair per day, club training gear is preferred)
  - d. Moisture wicking T-shirts
  - e. Undergarments/compression wear (recommended one per session)
  - f. Rain jacket
  - g. Extra casual Clothes for After Training (Track Pants, T-Shirts, Hoodies, etc)
  - h. Pajamas
2. Footwear
  - a. Soccer Cleats + Turf Shoes
  - b. Slides/flip flops
  - c. Black Soccer Socks (at least 1 pair per day and extra if it rains)
  - d. Indoor athletic shoes and Athletic shoes suitable for futsal
3. Equipment
  - a. Shin Guards
  - b. Shin Guard Sleeves/Tape/Straps
  - c. Soccer Bag
  - d. Water Bottle(s)
  - e. Towel
  - f. Keepers: Goalie Gloves, Goalie Pants and Shirts
4. Inside the bag
  - a. Water Bottle
  - b. Sunscreen
  - c. Lip balm
  - d. Toiletries
  - e. Bug Spray
  - f. Electronics & Charger
  - g. Pillow + Sleeping Bag and/or Bedding
5. Please see the NCE Spirit Wear Store for all recommended additional camp items.  
<https://myuniform.soccerandrugby.com/store/club/nce-fanwear>