



Northern Edge

Vermont Lacrosse Camp

WHAT TO BRING TO Lax CAMP

EQUIPMENT & ATHLETIC CLOTHING:

Lacrosse:

- Stick
- Goalie Equipment (if necessary)
- MOUTHGUARD
- Gloves
- Goggles
- Shoes: Cleats and Turfs / Cross Trainers, sneakers for astro-turf
- Socks, T-shirt's, shorts, etc.
- Sweatshirt/Sweatpants and any warm clothing
- Duffle bag to carry things to and from field
- Water Bottle

PERSONAL ITEMS:

- Personal Toiletries
- Soap, toothbrush, toothpaste, shampoo
- Snacks (if necessary)
- Money to purchase items at camp store
- Linens and Towels for dorms
- If Flying- Photo ID/Drivers License