

Kelowna Kit List

All of the following needs to fit in a small-medium duffle bag and your stick bag. NO hard cased LUGGAGE! When packing remember you will spend a lot of the day on the field so you don't need a lot of extra clothes!

Field Hockey Gear

- Mouthguard
- Shin Pads
- Footwear
- Alberta socks (light and dark)
- Stick
- Spandex
- Shorts
- Reversible
- Training Shirts (White and Navy)
- 2 water bottles
- Hat

Other Gear

- Toiletries (including shampoo & conditioner)
- Shower towel
- Shower sandals
- PJ's
- Bathing suit & Beach towel
- Clothes for 4 days
- Underwear, essentials
- Something for spare time (book, ipod, cards, etc.)
- DVDs for Bus