2012 Girls’ Rowing Camp
Saturday, July 7 - Sunday, July 15, 2012
Girls’ Overnight Rowing Summer Camp
WHAT TO BRING

Participants should bring:

♦ Rowing clothes for 2 rows per day (shorts, preferably spandex, t-shirt/tank top, socks)

♦ Sun protection including sun screen (SPF 15 or higher), hat, sunglasses, long – sleeved shirts

♦ Swim suit and towel for swim test

♦ Water bottle

♦ Watch

♦ Sleeping bag, pillow, sheets and/or other preferred bedding

♦ Toiletries for the week

♦ Alarm clock

♦ Flip flops, crocs, or shoes that can get wet

♦ Running shoes

♦ ‘Normal’ clothes for evening

♦ Spending money

♦ Any necessary medications