



Camp T Youth Recreation Clinic

What to Bring

- Water bottle
- Sunblock
- Hat or ballcap
- Small towel for wiping face
- Bug repellent
- Athletic shoes
- Socks
- Sweatshirt for cool weather
- Optional: Umbrella

Attire Recommendation

Families will be playing on two types of surfaces. One will be on the grass field, where participants will often be on the ground. Additionally, placing elbow and knee pads over light clothing may be more comfortable when playing goalball. Sweatpants or athletic-type long pants and a light long-sleeved shirt is recommended for both. Shoes will be removed when playing goalball inside, so socks must be worn.