

# NESC Packing List

New England Sports Camps, McGrath Pond, Oakland, ME  
A part of the Alford Youth & Community Center family  
207-873-0684 school year / 207-313-3413 summer  
www.clubaycc.org/camps camps@clubaycc.org



## Bedding

- Pillow
- Sheets
- Comforter/sleeping bag

## Clothing

- Rain jacket
- Shorts & pants
- T-shirts, long sleeves & sweatshirts
- Pajamas
- Bathing suits
- Extra socks & underwear
- Hat or visor
- Sunglasses

## Toiletries

- Toothbrush & toothpaste
- Washcloth & towel(s)
- Shampoo, body wash & conditioner
- Sunscreen
- Personal care products
- Chafe relief products (Gold Bond, baby powder)

## Extras

- Fan
- Mirror
- Bug Spray
- Snacks (no nut products, gum or sunflower seeds)
- Drinks (Gatorade, juice, flavored water, etc.)
- Books, cards, other non-electronic games
- Watch/clock

## Shoes

- Sneakers
- Shoe for sport (no metal cleats)
- Shower shoes (Crocs, flip flops, slides)

## Baseball

- Bat
- Helmet
- Sneakers
- Cleats

## Field Hockey

- Stick
- Mouth guard
- Goggles
- Shin guards
- Cleats

## Football

Just bring cleats. All other gear is provided, including mouth guards.

## Softball

- Bat
- Helmet
- Sneakers
- Cleats

## Swimming

- Goggles
- Swim suit(s)
- Towels

Please reach out if your athlete does not have athletic-specific gear that they should be packing for camp. Email [camps@clubaycc.org](mailto:camps@clubaycc.org)