

**All-Out Goalkeeper Camp**  
**July 20-23, 2022**  
**Benedictine University in Lisle, IL**  
**U13 – 22 years old**  
**Olympic GK Academy**  
[www.olympicGKacademy.com](http://www.olympicGKacademy.com)

# Goalkeeper Checklist - Residential

## Mandatory for Training:

- 1-2 Pair Soccer Cleats, 1 pair of Indoor Soccer Shoes
- Shinguards, 3 – 5 pairs of Soccer Socks
- 3-5 Shorts/Goalkeeper Shorts and/or Goalkeeper pants
- 3-5 Goalkeeper Tshirts and/or Goalkeeper Shirts
- 1-2 Pairs of GK gloves
- Big Bottle for water
- 3-5 face towels
- Any pre-wrap, braces, athletic tape or specific prevention/treatment measures
- 1 Inflated Size 5 Soccer Ball

## When not Training (meals, workshops):

- Slides/Flip Flops, Sneakers & some socks
- 4 days of casual clothes (tshirts, tank top, shorts, sweats,PJ's)

## Personal Care:

- Toiletries
- Bath Towel
- Medicine if needed
- Sunscreen
- Mosquito Repellent

## For Room:

- Bed Sheets/linens & blanket. Mattress is Extra Large (twin)
- Pillow
- Small Refrigerator is acceptable to bring

## Extra:

- Small amount of cash for emergency
- Pen/Notepad
- Snack Food for your room if you are residential
- Cell phone/charger
- Foam roller and any massage devices