

**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 - Commuters

## Mandatory for Training:

- Soccer Cleats, 1 pair of Indoor Soccer Shoes
- Shinguards, Soccer Socks
- Shorts/Goalkeeper Shorts and/or Goalkeeper pants
- Goalkeeper Tshirt and/or Goalkeeper Shirt
- GK gloves (1-2 pairs)
- Big Bottle for water
- Face towel
- Any pre-wrap, braces, athletic tape or specific prevention/treatment measures
- 1 Inflated Size 5 Soccer Ball

## When not Training (meals, workshop):

- Slides/Flip Flops
- Extra casual clothes (pair of shorts & tshirt)

## Personal Care:

- Medicine if needed
- Sunscreen
- Mosquito Repellent

## Extra:

- Small amount of cash for emergency
- Snack Food
- Medicine if needed
- Pen/Notepad