

ALL-OUT GK CAMP
Benedictine University in Lisle, IL
14 – 20 years old
Olympic GK Academy

Goalkeeper Checklist - Commuters

Mandatory for Training:

- Soccer Cleats, 1 pair of Indoor Soccer Shoes if we need to train indoors
- Shinguards, Soccer Socks
- 4 days: Shorts/Goalkeeper Shorts and/or Goalkeeper pants (Long GK pants suggested to have with)
- 4 Days: Goalkeeper Tshirt and/or Goalkeeper Shirt (Long GK jersey suggested to have with)
- GK gloves (1-3 pairs)
- Water Bottle/Jug
- 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/Sandals
- Extra casual clothes (pair of shorts & tshirt)

Personal Care:

- Medicine if needed
- Sunscreen
- Mosquito Repellent

Extra:

- Snack Food to have with in your bag
- Pen/Notepad
- Cell Phone Charger
- Hand Roller/Massager