ALL-OUT Jr GK Camp
2027
Goalkeeper Checklist - Commuters

Mandatory for Daily Training:

- 1-2 pair Soccer Cleats, 1 pair of Indoor Soccer Shoes if we need to train indoors
- Shinguards, 1-2 pair of Soccer Socks
- 4 days: Shorts/Goalkeeper Shorts and/or Goalkeeper pants (highly recommend pants for training)
- Goalkeeper Tshirt and/or Goalkeeper Shirt (4 days). Highly recommend long sleeves for training.
- GK gloves (1-2 pairs)
- Water Bottle/Jug
- Face towel
- Any pre-wrap, braces, athletic tape or specific prevention/treatment measures
- 1 Inflated Size 4 or 5 Soccer Ball (age appropriate)

When not Training (meals, workshop):

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

Personal Care:

- Medicine if needed
- Sunscreen

Extra:

- Snack Food to have with in your bag
- Pen/Notepad
- Cell Phone Charger
- Tablet
- Hand Roller/Massager
- Any meds
- Light jacket or hoodie
- Playing cards