BOARDING CHECKLIST

HOLIDAY INN EXPRESS 225 NORWOOD PARK S, NORWOOD, MA 02062

REMEMBER TO BRING

- Toiletries (toothbrush/toothpaste, deodorant, etc)
- Off-ice training gear (cross-training shoes, shorts, t-shirts, socks)
- Full equipment including mouth guard
- Extra sticks
- Tape
- Second skin/moleskin/blister pads
- Neosporin
- Pre-wrap and trainers tape if you have to typically wrap a wrist, ankle, etc.
- Water bottles (with name on them) for on and off-ice. Water bottle sharing not permitted.
- Medications/inhalers (if applicable)
- Sunscreen

WHAT YOU MAY WANT TO BRING

- Money for skate sharpening, stick tape, snacks, shopping at Legacy Place, etc)
- Gatorade, water, and healthy snacks
- Laptops or tablets (bring at your own risk)

DO NOT BRING

- Weapons/knives/lighters
- Drugs unless specifically prescriped and documented with camp management
- Jewelry
- Large amounts of cash (anything over $100 is too much)
- Rollerblades, skateboards, bikes, softball gloves, etc.
- Video game systems