



WORKSHOP PACKING LIST

Below is a list of recommended items to bring with you to the Coaches Workshop. The summer months in Quantico tend to be cool in the morning and evening and hot during the day. Many of the activities during the workshop will be outdoors in the sun, so be sure to pack accordingly.

- Light jacket
- Athletic Shoes – DO NOT bring nice court shoes. Bring old shoes that you will not mind getting dirty
- Long Sleeve Athletic Shirt (2)*
- Long Athletic Pants (2)*
- Short Sleeve Athletic Shirt
- Athletic shorts
- Baseball cap
- Backpack
- Sunglasses
- Bug spray (needs to repel ticks, mosquitos, etc.)
- Sunscreen
- Water bottle
- Business Clothes (No athletic gear) (Evening Parade)

*Intent is to cover the skin as much as possible to protect from the sun, foliage and insects. It is recommended that they are loose fitting and breathable.