

VARSITY CARMEL TOURNAMENT – PACKING LIST

Carmel/Monterey Weather

Sunny/Partly Cloudy
High Temp – Mid 60's
Low Temp – High 40's

Here is a suggested packing list.

Medicine

Prescription Medications - PACK IN BAG THAT YOU TAKE ON BUS
Any over the counter medicines that your player may need, such as Tylenol, Advil, Benadryl

Sun Protection

Sunscreen
Aloe (or something similar for sun burn)

Cell Phone

If your player has a cell phone, please have him bring it

Lacrosse

Both Uniforms
Stick (also bring an extra stick - if you have it)
Pads
Helmet
Gloves
Socks
Mouth Guard
Athletic Cup
Cleats
Water Bottle

Clothes

Jacket (It gets cold at night)
PVHS Lacrosse Sweatshirt and Sweatpants
T-shirts/Socks/Undergarment for each day
3-4 Shorts
Swim Suit – there is a hotel whirlpool
Jeans
Bathroom Bag (shampoo, soap, brush, toothbrush, toothpaste, deodorant, etc.)
Shoes

Money

Money for food
Extra Spending money