

NUSEA Squad Packing List

General

- Squash equipment (squash shoes, min. 2 racquets, proper eye guards, water bottle)
- 6 or more squash shirts (**must** bring at least 2 program t-shirts)
- 4 squash shorts/skirts
- 6 or more pairs of socks
- 5 or more pairs of underwear (and sports bras for girls)
- 1 sweater for the evening
- 1 pair of pants for the evening
- Casual clothing (not squash related)
- 1 set of pajamas
- 1 pair of running sneakers (may not be your squash sneakers)
- Non-squash footwear
- Flip flops or alternative footwear for showering
- Shower supplies (soap, shampoo, conditioner, etc.)
- Toiletries (toothbrush, toothpaste, deodorant, hair brush, etc.)
- 1 Towel
- Pillow
- Sleeping bag or bed linens (flat sheet, sheet, comforter, comforter cover, pillow case)
- Cell phone and cell phone charger
- \$25 spending money (optional for Deerfield)

Medicine

- Students that will take prescription *and/or* over-the-counter medication during the squad must bring the following to the squad:
 - Medicine in its original container with all original labels
 - If prescription, it must be in its original packaging and have original pharmacy label with pharmacist's signature
 - If over-the-counter, it must be in its original packaging
- Asthma Inhaler (in proper casing with pharmacy label)
- EpiPen (in proper casing)
- Hard copy of waiver with parent release for squad staff to administer medicine and the instructions for administration
 - If student uses asthma inhaler include instructions and where student keeps inhaler
 - If student has allergies, provide allergy information and where student keeps epiPen

Optional Items

- Soccer ball/baseball/football
- Cards
- Frisbee