

Denver Doubles Squad Packing List

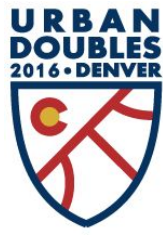
General

- Squash equipment (squash shoes, min. 2 racquets, proper eye guards, water bottle, headband/wristband)
- 6 or more squash 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
- Bathing suit
- Rain jacket
- Sunglasses/hat
- Non-squash sneakers
- Flip flops or alternative footwear for showering
- Shower supplies (soap, shampoo, conditioner, etc.)
- Toiletries (toothbrush, toothpaste, deodorant, hair brush, etc.)
- Cell phone and cell phone charger
- \$60 spending money

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



NATIONAL URBAN SQUASH
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