



## SEA Squad Packing List

### General

- Squash equipment (squash shoes, min. 2 racquets, proper eye guards, water bottle)
- 6 or more squash shirts (including program 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
- Shower supplies (soap, shampoo, conditioner, etc.)
- Toiletries (toothbrush, toothpaste, deodorant, hair brush, etc.)
- Cell phone and cell phone charger

### 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

- Playing cards
- Book
- Spending money