



Cook Wrestling Camp LLC

Packing List

ATHLETES SHOULD BRING:

Wrestling equipment (i.e., headgear, singlets, etc.)

- Workout gear, singlets (optional)
- Money for incidentals (i.e., snacks/apparel items) optional
- Swimsuit

COACHES SHOULD ALSO BRING:

- Each team must bring their own MedKit with supplies for taping and blood cessation.
- Athletic trainers will be present during wrestling sessions.

Please note:

- Cook Wrestling Camp LLC is not responsible for valuables lost or stolen at camp. We recommend that athletes DO NOT bring valuables to the wrestling complex.
- Teams should remember to lock ALL doors in resort rooms (including patio doors, even on upper levels) when leaving room unattended

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