

UCA CAMP 2024 PACKING LIST

Please put FHS Cheer tag on your luggage not your backpack

- Cheer backpack packed with:
 - Medication Form
 - Medication you may need or are taking. Please bring it in its original container.
 - Wraps or braces if needed for injuries or support
 - Funds for camp souvenirs / UCA wear and/or snacks and drinks. Camp is completely cashless, so please be prepared. Most cheerleaders bring \$50-\$75 for snacks and merchandise.
 - Team Water Bottle
 - Cell phone and charger
- Suitcase packed with:
 - Toiletries you may need; Shampoo/conditioner, face wash, body wash, razors, tampons, toothbrush/toothpaste. Suggested to bring sunscreen and lip balm.
 - Hair brush, straightener, curling iron, hair ties, bobby pins, hairspray
 - Makeup
 - Something to wear when not in uniform. You mostly need clothes for at night, after camp).
 - Casual outfit for dinner on the first night
 - Casual bottoms to wear with team shirt for campus tour
 - Comfy clothes for the trip home
 - Notebook & Pen - Bring daily to all classes
 - Practice bows
 - Blue and white poms
 - Blue uniform shell, Blue uniform skirt & spansks
 - White uniform - sleeves (Varsity Branded), shell, skirt & spansks VARSITY ONLY
 - Black uniform - shell & skirt
 - Black sweatshirt
 - Sports Bras - Blue, Black and White - Must not show in uniform
 - Returning Cheerleaders - Bring your hand tied ribbon/bows attached to pony if you still have yours (did not return them after NCA)
 - 4 pair white crew
 - All practice wear - White FHS T-Shirt, 2 Blue T- Shirts (FHS & Friendswood Cheer), Black Mustang Cheer T-Shirt, Gray F Cheer T-Shirt, 4 black shorts, black spansks.
 - Additional Snacks
 - Cell phone charger
 - Outfit for Spirit Night
 - Bed Linens - Sheets (extended twin), Blankets, Pillows, Sleeping Bag
 - Towels & other necessary items to shower
- Do not bring: Water bottles or other beverages. Do not bring jewelry (necklaces, bracelets, rings, earrings or other body jewelry). Do not bring gum or energy drinks.