

Checklist of things to consider taking if you are going away to camp...in addition to your notebook, of course!

- Two or more identical racquets (you don't want to have to borrow one—although you might ask the coach for advice if you don't have a club pro/pro shop at home and you are looking for new racquet)
- Two sets of quality eyewear—one can get lost or broken.
- Two pairs of squash shoes (you are going to give your shoes a pretty good beating—expect to have to buy a new pair after camp)
- Five shirts and shorts/skirts and or dresses (check if there are any clothing restrictions at the club or facility you are going to—but anyway take respectable stuff...no tank tops and track and field shorts or basketball shorts below the knees). Oh...and a little box of laundry detergent.
- Five pairs of socks (check if they have to be white ones).
- A team warm up top and pants (I don't care if it is hot in the summer—when you work out you need to have a warm up suit to put on after you play, especially in the evenings or if you are going to travel any distance from the courts before you shower. Also it saves you having to pack much in the way of casual clothing...and it's good marketing for your club or school!).
- Two or three new balls (you'll feel silly at a squash club if you can't play because you haven't got a ball!).
- A simple medical kit—Band-Aids, elastic support bandage, anti-inflammatory tablets, bug spray! Antibiotic cream, plus any specific personal needs (a spare inhaler if you need one).
- One reasonably smart set of casual clothes—you might be invited out.
- A swim suit...hey! You never know!
- A small back pack or racket bag—you don't want to have to cart your tour bag around the whole time.
- Night attire—you don't want to have to sleep in your squash gear.
- Shampoo!!
- Razors!!
- A large sealable plastic or net linen bag for dirty (smelly) washing.
- Headbands and wristlets!
- A large and small towel!!
- Camcorder or video-capable camera and small tripod—if you want to be able to work on stuff later.
- And did I mention a notebook?