

# WHAT TO BRING LIST

Shop by our on campus Bookstore to purchase additional items, such as Sweat X laundry detergent, DeepSport bed sheets, SPRI and Trigger Point equipment.

## LIST OF THINGS TO BRING FOR RESIDENCE LIFE/SCHOOL

- 2 Sets Extended Twin Size (84" Mattress) Sheets (2 Fitted, 2 Flat)
- 2 Pillow Cases
- Bath Towels
- Hand Towels
- Blanket
- Alarm Clock
- Water Jug
- 2 Laundry Bags
- Casual Dress for Extracurricular Activities
- Hangers
- School Uniform
- Toiletry Bag and Toiletries
- Sunscreen
- Hats/Visors
- Padlock (purchased through the Campus Bookstore only)
- Sun Glasses
- Swimming Suit/Beach Towel
- Light and Medium Weight Jacket
- Laptop Cable Lock
- One set Dress Clothes/Shoes
- Laptop or Desktop Computer

## SPORT SPECIFIC

Please note that gear will be distributed a few weeks into the fall semester and student-athletes will need to wear their own athletic gear during that time. For this reason, some of the sport specific "What to Bring" lists below may include athletic gear.

*Under Armour (UA) is an official IMG Academy sponsor. We recommend that UA gear is worn during training until official gear has been distributed.*

### Golf

- Minimum 2 Pairs of Golf Shoes
- Golf Clubs/Golf Balls/Collapsible Stand Bag for Walking on Course
- Collared Shirts
- Golf Gloves
- Umbrella
- Rain Gear
- Golf Towel
- Tees
- Balls
- Hats
- 1 Pair of Cross Training Sneakers
- Training Shorts (3)
- Training Shirts (3)
- Pocket notebook and pen
- Push cart (if you use one normally)

### Soccer

- Running Shoes
- Soccer Cleats (2 Pair)
- Sandals
- Training Shorts (4)
- Training T-Shirts (4)
- Training Socks (4 Pair)
- Shin Guards
- Dress Shorts/Pants
- Dress Shoes

### Football

- 2 pairs of Cleats
- 2 Pairs of Running Shoes
- 1 Pair of Cross Training Shoes

### Basketball

- 2 Pairs of Basketball Sneakers (Under Armour Brand)
- 1 Pair Cross Training Sneakers
- 1 Pair Slides/Sandals
- 8 - 10 Practice Shirts/Jerseys
- 8 - 10 Basketball Shorts
- 8 - 10 Pairs of Socks
- 2 - 3 Pairs of Warm-Ups
- 5 - 10 Athletic Supports or Tights
- 2 Pairs of Ankle Supports/Braces

### Lacrosse

- Helmet
- Gloves
- Pads (shoulder and arm)
- Mouth Guard
- Lacrosse Stick
- Cleats (2)
- Shorts (2/day)
- Sneaker Socks (2/day)
- Shirts (2/day)
- Athletic Cup
- Tennis/Turf Shoes

### Baseball

- Glove
- Bat
- Batting gloves
- Personal equipment (catcher's gear, helmet, etc.)
- Tennis/Turf Shoes
- Cleats
- Workout Shorts/Pants (5)
- Workout Shirts (5)
- Jacket/Sweatshirt (seasonal)
- Baseball Socks
- Hat
- Baseball belt

### Tennis

- Sunscreen
- 10-12 Pairs of Socks
- 10-12 Pairs of Shorts
- 10-12 T-Shirts
- At least 2 Pairs of Sneakers
- Minimum 2 Racquets/Racquet or Tournament Bag
- Wrist Bands
- Hats
- Court Towels
- Jump Rope
- 2 Warm-ups
- 3 Collared Shirts for Tournaments
- Pocket Notebook and Pen

### Track & Field / Cross Country

- 1-2 Towels
- 2 Pair Training Flats
- 10-12 Pairs of Shorts
- 10-12 T-shirts
- 10-12 Pairs of Socks
- Track Spikes or Specialty Shoes
- Throwing Implements (Shot Put, Javelin, and/or Hammer, if applicable)

### Athletic and Personal Development

- 1-2 Towels
- 10-12 T-shirts (no tank tops, no cutoffs)
- 10-12 Athletic shorts (no spandex)
- 10-12 Pairs of Socks
- Compression Shorts (if necessary)
- 1 Pair of Cross Training Shoes (ankle support)
- 1 Pair of Running Shoes

PLEASE MARK ALL BELONGINGS WITH PARTICIPANT'S NAME