

## Gear For Practice

Dress for weather

- o Polypropylene underwear
- o Wind breaker and nylon pants
- o Bathing suit, shorts

Wear sneakers and wool socks

Rain gear: jacket and pants preferred

Change of clothes and shoes

Sunscreen – insect repellent – hat—sunglasses

Glasses/Sunglasses strap

Snack and drink

Paper and pencil

Towel (s)

Plastic bag for wet clothes, etc.

KNEE PADS, plastic whistle, water bottle