



6th Annual Hawaii High School Basketball Exposure Camp

June 7-11 (Boys), 21-25 (Girls) – Lahaina, Maui

What to Bring...

WHAT TO BRING

1. **Attitude of gratitude, hardwork, coachability & competitiveness**
2. Sleeping bag & pillow
3. 1 pair basketball shoes, 1 pair running shoes, 1 pair rubber slippers (to walk around and for use in showers)
4. Enough pairs of socks and underwear for 1-2 changes each day
5. 2-3 pair of shorts (1 pair surf shorts) and T-shirts (the campers will be wearing the practice jerseys and shorts provided for each practice session)
6. 1 set of sweat pants and top or light jacket
7. 2 bath towels
8. Toiletries – toothpaste, toothbrush, soap, shampoo, deodorant, etc.
9. **Sports bottle (cups will not be provided in order to reduce waste)**
10. Notebook (new, one subject, spiral bound) and 3 pens
11. Snacks/energy bars (bring some Ziploc bags to store them in to avoid attracting ants)
12. Ipod/MP3 player (optional-at your own risk)
13. Some spending money (\$25 if you want to buy something at the camp store and/or airport)
14. Cell phone (not to be used after lights out) to check in with parents
15. Clothing from your school/team to trade with other campers (optional)
16. Mosquito repellent (just in case)
17. **Your own athletic tape & pre-wrap if you know you will need your ankles (or other joints) taped each day. Be sure to bring a week-long supply. See your HS coach or trainer about this. We will only provide athletic training supplies in the case of injury/emergency.**

WHAT NOT TO BRING

1. **Me-first attitude and laziness**
2. Do-rags and skull caps (baseball caps OK)
3. Jewelry (wrist watches OK) in order to prevent theft or loss
4. Sweat bands of all kinds (head, neck, triceps, forearm, calf, etc.) unless you really need a headband to keep your hair out of your eyes