

Preparing for Hockey Camp

The following is a list of things that you may find helpful in preparing for hockey camp.

What to Pack

- Your hockey gear (duh!) – You will be provided with a jersey, hockey socks and water bottle.
Also:
 - It's not a bad idea to have an extra stick just in case
 - If you have new skates, either make sure they are broken in before camp, or bring your old pair if possible. The last thing you want is a blister or foot pain when you are on the ice for 12 hours.
- Extra Socks (the kind for your feet) & Undergarments – your gear may not dry out between sessions, so putting on dry undergarments makes it much more tolerable.
- Towels and showering supplies
- Hockey tape
- Paperwork (or electronic versions thereof) such as camp schedule, driving directions, hotel confirmations, etc.
- Ibuprofen, sports cream or anything you might want to help ease the pain (Hey, it's 12 hours on the ice in less than 72 hours)
- Foot care products: Blisters/foot pain from wearing your skates for 12 hours is by far the most common camp "injury". It can really negatively impact your camp experience. We keep the following items in our med kit. You may want to bring some just so you have your own supply: Moleskin, Friction Block/anti-blister stick, New-skin Liquid Bandage and various bandages appropriate for blister care.
- A notebook for taking notes during our off ice discussions
- Healthful Snacks and Recovery Drinks – You will be working hard and burning a lot of calories, so you may find a normal "3 meals a day" doesn't quite cut it, and the snack options available at most rinks do not exactly meet the Nutrition Olympics. You might want to bring things like granola bars, energy bars and other things you can stuff in your bag and have ready when you need them.
- Clothes for going out. On Saturday evening we have our camp banquet. No need to bring your tux, just clothes you would normally wear to go out to an informal dinner.
- Some players have been known to bring a fan to camp to aid in drying gear in the locker room. Not only will your gear be dryer, but you'll be a hero among your teammates. Just make sure to bring an extension cord as well, as outlets can be sparse.

Fitness Level

- Make an assessment of your level of fitness. While this is not a conditioning camp, 12 hours on the ice is a lot over a span of less than 72 hours. If you only skate once/week, you may want to consider increasing your level of activity in the weeks leading up to camp. If you normally skate 3 or 4 times per week, then you will probably not have an issue.

Other Things to Think About

- Are your hotel reservations made?
- Are you flying? See our "Flying with Hockey Gear" document for hints on flying with gear.