



2024 PREMIER/SELECT CAMP FLIPFEST AT LAKE FRANCES OCTOBER 3-7, 2024

****Cabin facility and meals will be provided. Please keep luggage contained to 1 suitcase and 1 gym bag/backpack. A coach must attend with five (5) or more gymnasts from the same team.**

Required items to pack:

- Workout attire for 3 days
- Gym bag
- Grips (if your child uses them)
- Full hand sanitizer container
- Extra recreational clothing such as shorts, t-shirts, tennis shoes (closed toe shoes)
- Sweatshirt OR jacket for cooler mornings and evenings
- Toiletries
- Bath towel, washcloth or loofah
- Shower shoes (flip flops are fine)
- All bedding of choice – twin size sheets and blanket or a sleeping bag to put on top of bed (bedding is NOT provided)
- Pillow
- Bug spray
- Poncho or umbrella
- Refillable water bottle
- Flashlight
- Decorations for camper's bunk/cabin (nothing can be taped to the walls) (optional)
- Mask (optional)
- Own food if severe food allergies (notify NGA staff of any food allergies prior to camp)

Remember some activities may take place outdoors, subject to weather. Please be sure to pack clothes for a variety of elements (cold, rain, etc.) and plenty of changes of clothes.

OPTIONAL items to pack: Disposable camera, combination lock (some lockers are provided in each cabin for small personal items if needed)

Items NOT allowed at camp:

- Cell phones, iPods, iPads, laptop computers – all electronics! It is camp time, no time for electronics!
Note: Wi-Fi is NOT available to campers
- Outside food, candy or drink (other than water) – this is only to control the pests in the cabins

PLEASE MARK ALL BELONGINGS WITH YOUR CHILD'S NAME IN A PERMANENT MARKER. Once camp has ended, all lost and found items are donated to charity and cannot be mailed back. Neither FlipFest or NGA are responsible for lost or stolen items.