

## ATF TAEKWONDO CAMP CHECKLIST

_____	Water Bottle	_____	Swimsuit
_____	Towels	_____	Sunscreen lotion
_____	Pillow	_____	Insect Repellent
_____	Sleeping bag or sheets and a blanket	_____	Camera & Film
_____	Personnel hygiene items: Toothbrush/paste, soap, etc.	_____	Ice chest/ice/soda/snacks
_____	Lots of T-shirts	_____	Indoor stuff: cards, books, etc.
_____	Fresh socks and Light Weight tennis shoes	_____	Outdoor stuff: Balls, Frisbee, etc.
_____	Lots of cool fabric workout pants for TKD workouts (no shorts)	_____	Shorts for free time activities (mid-thigh length)
_____	Alarm Clock	_____	V-Neck uniform (optional)
_____	2 clean uniforms & TKD belt (regulation trim & lettering for instructors)	_____	Chest pad (optional)
_____	Red foam sparring gear, mouth- piece, cup		
_____	Notepad/pen/pencil	_____	Change for snacks and sodas
_____	Instructor's ATF manual	_____	JUNIORS: Foam Nunchakus
_____	Adults: 2 – 26" sticks		

### CAM RULES

1. Grand Master Chung will be inspecting the rooms throughout the camp. Keep you room clean!
2. All campers are to abide by the tenets of Taekwondo in a positive manner.
3. Shirt and shoes must be worn outside. Long pants must be worn for Taekwondo workouts.
4. No wondering in unauthorized areas.
5. No littering.
6. Campers must respect others and remain quiet after lights out.
7. Anyone not feeling well should contact any staff member or adult immediately.
8. All campers must attend dining hall during meal times.