

Water Containers

Campers are responsible for making sure they are drinking enough water:

Therefore each camper is **required** to bring a labeled (name and section with permanent marker) water jug. The adult volunteers will provide healthy snacks, cool rags, first aid, and the large water coolers to refill camper's jugs as needed at practices.

What to bring: ½ Gallon Water Jug with **large screw-on-top and drinking spout**

Costs range from \$5 to \$11 at stores selling water bottles and coolers like Target, Wal-Mart, Amazon.com etc If you already have something similar, you can use it. It must have the large screw-on-top for easy filling (this is the important part).

Examples: Igloo, Coleman, or similar type of water container (see below)



OR:

You may bring/purchase a Camel-back water bladder. Capacity is usually 50-70 oz. See examples below. The cost is around \$20-\$45 and can be purchased at sporting goods stores, biking/hiking stores, or Amazon.com. This choice is **optional**, a personal preference. **Must have a large mouth for cubed ice.**



DRINK PLENTY OF WATER –EVERY BREAK.