



Top New England Camp Since 1976 ,At the Cardigan Mountain School in Canaan, New Hampshire

Directors: Scott Anderson and Chuck Apel

Mailing address: 25 Deer Run Dr., Bridgewater, NJ 08807
207-400-5216 www.cardiganlacrosse.com
cardiganlacrosse@gmail.com

CAMP INFORMATION SHEET 2023

The following information will help ensure that you are well-prepared to enjoy the Cardigan Lacrosse Camp Experience.

CAMP: August 2nd– 6th Wednesday thru Sunday

EQUIPMENT: (You should bring all your own equipment. Plus, a mouth guard)

*****A LARGE SPORTS WATER BOTTLE WITH YOUR NAME ON IT**

Lacrosse Stick(s)	Chest protector (goalie)	Protective Cup
Helmet	Throat protector (goalie)	Plenty of socks
Shoulder pads	Mouth protector	Sweats
Arm pads	Shirts	Cleats
Gloves	Shorts & Swim Shorts	GOLD BOND POWDER

WHAT TO BRING: (The following should cover your basic needs): Pillow, sheets, blanket or sleeping bag. Fan (not necessary, but great if we have hot weather). Towels (for locker room use as well as dorm room) Personal effects (soap, toothpaste, toothbrush, comb, deodorant, Gold Bond Powder, etc.)

PLEASE NOTE THAT CAMPERS WILL NOT HAVE INTERNET ACCESS

Locks & Lockers: We will issue each player a lock and locker. Since there are no locks on your room doors, you must keep your valuables, including sticks, in you locked lockers. Do not bring unnecessary valuables to camp.

CAMP STORE: The camp will operate a store and snack concession. You may wish to bring along money to purchase equipment, drinks, pizza, and/or snacks. \$50 to \$100 for incidentals may be sufficient. The store operates a bank in which you may leave money for safekeeping. Credit Cards are not accepted/cash only or checks accepted for placing money into the camp bank or purchasing camp T-Shirt

TRAVEL DIRECTIONS to The Cardigan Mountain School is in Canaan, NH, which you can reach by taking exit 17 off I-89 and traveling east on Route 4 through Enfield to the town of Canaan. Take a left at the only traffic light in Canaan and follow the CMLC signs to school.

PHONE NUMBER: During camp, parents may contact us at this number: 207-400-5216. Sending text messages is also encourage since cell phone reception varies on different parts of the campus.

CLOSING DAY - August 6th: On closing day, all boys play in one game. Games will start at 9:00am or 10:00am. We will hold a brief closing ceremony at 11:00 am. All are encouraged to attend.