



## EVAC EQUIPMENT LIST

### VOLLEYBALL

**Required:**

- Court shoes
- Knee pads
- No leak water bottle

**Recommended:**

- Ankle braces for front row players
- A volleyball (to use at home)

### FLAG FOOTBALL

**Required:**

- Football cleats
- Mouthguard
- Large water bottle
- One pair solid navy shorts with NO pockets

**Recommended:**

- Gloves

### CROSS COUNTRY

**Required:**

- Running shoes
- Water bottle

**Recommended:**

- long distance running spikes (1/4 inch spike preferred)

### SOCCER

**Required:**

- Soccer cleats
- Shin guards
- Two pair of socks (white/blue)
- One pair solid navy soccer shorts
- Large water bottle

### BASEBALL

**Required:**

- Baseball cleats
- Baseball mitt
- Gray baseball pants/belt
- Large water bottle

**Recommended:**

- Baseball bat

### BASKETBALL

**Required:**

- Basketball/court shoes
- No leak water bottle