

Sand Volleyball Survival Bag:

AAU Junior Atlantic Beach Volleyball

- ✓ **AAU Membership Card, Card with Emergency Contact and any medical conditions**
- ✓ **Waterproof Sunscreen (protect your skin from sunburn)**
- ✓ **Beach Volleyball**
- ✓ **Chap stick (protect your lips)**
- ✓ **Water Bottle (to keep you hydrated-easy to refill with our water coolers, and helps the environment)**
- ✓ **Sand Socks (saves your feet from blisters)**
- ✓ **Face Towel (to wipe sand off)**
- ✓ **Baby Power (helps keep sand from sticking when you sweat)**
- ✓ **Beach towel (to rest on and dry off from the ocean water)**
- ✓ **Sunglasses (so you can see when you look up for a ball)**
- ✓ **Visor or Hat (face protection from the sun)**
- ✓ **Dried Fruit snacks (quick fuel source throughout the day)**
- ✓ **Energy bars (quick meal in between games)**
- ✓ **Juice boxes (great back up for fuel)**
- ✓ **Band-Aids (in case you get a blisters or cut)**
- ✓ **Antiseptic wipes (in case you get cut)**
- ✓ **Long sleeve T-Shirt (protection from sun and wind)**
- ✓ **Flip flops (to walk into bathroom/shower area)**
- ✓ **Freezer baggie (for your: jewelry, phone, I-Pod, money)**
- ✓ **Extras: Chair, Umbrella, cooler, Wind/rain sweat suit, ball pump**

Not Recommended to bring: Foods that must be keep cold (things with Mayo) , yogurt, soda, candy, tennis shoes, one piece babying suits (it's really hard to get the sand out! You are better off wearing shorts and a t-shirt, or a two-piece bathing suit. Don't wear suits with metal or have some type of ornament hanging down, avoid suits that tie on the sides, greasy sunscreen, purses, wallets, or anything valuable.