



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

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CAMP INFORMATION SHEET 2025

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

CAMP: Wednesday July 30 thru Sunday August 3 (Camper registration will be between staggered from 1:15 -3:00 pm, more information will be sent prior to July 30th)

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)

PLEASE NOTE THAT CAMPERS WILL NOT HAVE INTERNET ACCESS -Personal devices should be left at home

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 your 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 for 11 miles and turn left onto Roberts Road, at the end of the Roberts Rd turn left onto Canaan Street and follow the CMLC signs to school.

GSP Address: 62 Alumni Dr, Canaan, NH 03741

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

CLOSING DAY: On closing day, all boys play one game. Games will start at 9:00am, with a High School Championship Game at 10:00am. We will hold a brief closing ceremony at 11:00 am. All are encouraged to attend.