

What to bring to Camp:

Boxers are required to bring their own equipment to the camp.

This includes:

Headgear, with or without cheeks

Sparring gloves:

- Male and Female Elite must use 16 oz sparring gloves.
- Youth and Junior under 60 kg can use 14oz gloves and over 60kg you must have 16 oz gloves.

Bag gloves

Hand wraps

Mouth Guard

Cup - males only.

Sports shoes

Skipping rope

Water bottle

Vaseline

Towel

Photo ID

Boxing Passport

Mask

Due to Covid protocols equipment can not be shared or lent out. Boxers who do not have the appropriate equipment will not be allowed to participate.

