

Regatta Packing List

ROWERS

- List of other rower's cell phone numbers, your coach's cell phone number
- Hefty bag (or water proof duffle bag) labeled with name, for easy, waterproof place to dump stuff
 just before a race (store it under the trailer) and a great way to bring home lots of wet, muddy stuff
 in the car!
- Water bottle
- Cell phone
- Portable Chargers
- Watch
- Jackets (splash jacket if you own one)
- Rain gear (rain jacket/rain pants)
- Team Uni
- Under Armour
- Change of clothing + clothing for all weather!
- Extra socks. Multiple pairs if you are racing more than 1x.
- Towel
- Hat
- Sunglasses
- Sneakers for pre-race run
- Rain boots/warm boots
- Shoes to wear down to dock (easy off)
- Sunscreen
- Bug spray
- Water
- Food
- **\$\$\$**
- Hair ties, headbands, bobby pins, clips
- TP or Kleenex for port-o-pots
- Wipes or Purell
- Feminine products
- Blankets
- Gloves
- Hand/feet warmers
- Homework

PARENTS

At many races your child will not be near you and you may not see them virtually all day, so be sure to have them pack all things they will need in their own bag, and bring what ever you will need in yours. Having their sunscreen, rain gear, etc. in your bag might not be very helpful to them when it starts to pour and they're a mile up river!

- Phone numbers for coaches, fellow parents, etc.
- DIRECTIONS!!
- GPS
- Check directions (seriously; sometimes even event websites post wrong directions!)
- Map
- EXPECT TRAFFIC & DIFFICULTY PARKING
- DROP YOUR ROWER OFF & THEN PARK
- Phones
- Portable Chargers
- Snacks for the car and/or for the night if you're staying over
- TP or Kleenex for port-o-pots
- Wipes or Purell
- Sunscreen
- Bug spray
- Chairs
- Binoculars
- Camera and/or video camera (extra batteries)
- Water
- Jackets, gloves, sunglasses, hats, etc. Dress in layers. It is usually colder by the water.
- Rain gear
- Umbrellas & rain boots
- Blankets
- Gloves
- Hand/feet warmers
- Appropriate shoes in case of extreme mud!
- Something to read
- Money, check and/or credit card to buy event tee shirt & rowing "merch"