

CROSS COUNTRY MEET SUPPLY LIST

The following items should be packed the night before a cross country race. All items on the list could help you or make your meet more enjoyable as the season progresses into colder weather.

All items should fit in one medium sized bag. This will be your responsibility at the race. Try not to bring several bags, as this will increase chances of losing something - All valuables are at risk!

SNEAKERS AND SPIKES - One pair to run in - one pair to change into if race is wet

SPARE SPIKES & SPIKE WRENCH

SOCKS - Three pairs, warm up/race/post race

UNIFORM - Should include Jersey/shorts/undergarments

T-SHIRT - and shorts to wear over uniform

LONG SLEEVE T-SHIRT - If all black it can be worn under uniform during race - only on cold days!

ATHLETIC PANTS - Might be warm during race, but the weather can cool off quickly

SWEATSHIRT - A must on cold days, can be used as pillow

UNDERWEAR - Extra underwear to change into post race is a must.

HAT - Wool or Cotton

GLOVES - Cotton for racing

WATER OR GATORAIDE - Need to be prepared

SNACKS - Important to eat after a race

PLASTIC GARBAGE BAG - Many Functions, can hold wet shoes or clothes for ride home, can be sat on, can be used to cover self or bags from rain.

CHAIR - Especially for an all day meet or invitational. Some students even bring homework.

BE PREPARED, meets are more fun when you are warm, dry, and not hungry!