

CROSS COUNTRY MEET PACKING LIST

PACK THE NIGHT BEFORE!

CRUCIAL- double and triple check!

1. Spikes! (and socks)
2. Uniform Top and Bottom

CLOTHING

3. If COLD weather- **plain, black** long sleeve or spandex/leggings for under uniform.
4. Running Shoes
5. Shorts for over race shorts
6. T-shirt for over uniform
7. Long Sleeve
8. Hooded Sweatshirt/Wind Breaker/Rain Coat
9. Windpants/Sweatpants
10. Extra pair of socks
11. Thin Gloves and Hat
12. Change of Clothes- if it's going to rain.

FOOD/DRINK

13. Water Bottle
14. Gatorade
15. Healthy food for 2 hours before you run.
16. Food for after your race- we will not stop on school nights for food.

OTHER

17. Running Watch
18. Garbage Bag(s)- to cover your bag if it rains.