

**SCOTCH PLAINS-FANWOOD HIGH SCHOOL
RAIDERS CROSS COUNTRY AND TRACK & FIELD
PACKING LIST FOR MEET DAYS**

Things to Bring:

- uniform- wear shorts, bring singlet in your bag
- training shoes for warmup and cooldown
- Ironman-type sports watch
- spikes/racing shoes
- spike wrench
- three pairs of socks- one for warmup, one for the race, one for cooldown
- t-shirt/long-sleeved t-shirt, depending on weather
- sweatshirt
- warm-ups
- gloves and hat for cooler weather
- plastic bags (various sizes, from small Ziploc type up to large trash bags)- bring plenty for wet clothes, muddy spikes, stretching on if the ground is wet, keeping your bag dry if it is raining, etc.
- inhaler(s) if you are asthmatic
- towel
- water/sports drink bottle
- easily digestible snacks- PowerBars, energy gel, plain bagels, cereal
- at least 4 safety pins- pin them to your bag so you don't lose them
- t-shirt money for invitational and championship meets
- for members of the girls team: the most frequently forgotten item on meet days is the sports bra- remember to pack yours
- for members of the girls team: hair ties (barrettes, hair clips, bobby pins, or anything else other than hair bands or scrunchies may not be worn)
- MP3 player, discman, personal stereo, or iPod
- antibacterial hand cleaner
- tissues and toilet paper

Things to Leave Home:

- jewelry
- excessive amounts of money
- junk food
- footballs/frisbees