

Packing for Overnight Races

Required items:

- Uniform
- Water bottle
- Hat
- Synthetic top and bottom for layering on cold race days
- Raingear
- Sunscreen, chapstick w/sunscreen

Other items:

- Sleeping bag and pillow (keeps you warm on race day!)
- Toiletries
- Regatta tee-shirt money (usually about \$20)
- Cameras (there are always plenty of photo ops!)
- Extra change of clothes
- Extra pairs of socks
- Sandals (sometimes crews have to wade in to launch boats)
- Jacket, fleece, sweatpants. Warm layers (including hat and gloves) and rain gear are especially important—fall and spring weather in the Midwest is notoriously unpredictable.

PLEASE NOTE

You may bring your cell phones, however your coaches will not tolerate you talking on the phone to anyone but your parents on race day. Cell phones are great for calling parents to let them know where and when to pick you up as we return from regattas. Please do not bring anything of great value such as a portable stereo, CD collection, expensive disc player, etc. We don't want those items to be worrying you while you are racing.