



WHAT TO BRING: BE PREPARED

ATHLETES

- Hats – to block the sun
- Full Uniform – including T-shirt, competition shoes, and extra socks
- Sun Screen Lotion
- Change of clothes & shoes
- Warm-ups – even in hot weather
- Blanket or Sleeping Bag & Pillow
- Umbrella
- Paper and Pencil
- Books to Read
- Games – cards, travel checkers, etc.
- Personal Items
- Back Pack or Duffle Bag to keep everything in
- Lots of Water, Pedialyte, Gatorade, etc. – refer to Nutrition Guide
- Two (2) Peanut Butter & Jelly Sandwiches
- Turkey or Chicken Sandwiches – for after competition
- Hershey Chocolate Bars, Reese's Peanut Butter Cups (No Nuts)
- Apple (peeled & cut) and Cheese – for after competition
- Banana
- Honey
- Oranges – do not eat the pulp

PARENTS

- Toilet Paper – roll, in a zip lock bag
- Wet Wipes
- Sun Screen Lotion
- Mosquito Repellant Spray
- Lysol Disinfectant Spray
- Small First Aid Kit
- Lawn Chairs
- Drinks – refer to Nutrition Guide
- Food
- Cooler – rolling kind preferred
- Hats/Umbrellas, etc.
- Lots of Positive Conversation and Team Spirit

**CARBONATED PRODUCTS WILL CAUSE DEHYDRATION
WHEN CONSUMED ON HOT DAYS**