

Regatta Packing List Recommendations

Clothing

- Uniform: Unisuit, long sleeve
- Layering long sleeve tech shirts
- Layering long pants (spandex)
- Warm pants
- Fleece/Warm jacket
- Rain coat
- Hat for sun
- Hat for cold
- Sports bras
- Socks : at least one pair per race plus one for travel home
- Gloves
- Shoes for launching boat (often sandals)
- Running shoes
- Rain boots (as needed)
- Sunglasses

Personal

- Prescriptions
- Chapstick
- Sunscreen
- Deoderant
- Glasses/contacts and solution
- Feminine hygiene products
- Kleenex and Toilet Paper (regatta bathrooms sometimes run out)

Other

- Garbage bag for wet gear
- Food for the day (coaches will notify what meals will need to be packed)
- Water/electrolyte drinks
- Homework
- Headlamp
- Wrenches: 10mm, 7/16in., and adjustable
- Watch
- Hand/feet warmers
- Blankets