

Navarre Raiders

Track & Field

Meet Check List

- Uniform Top
- Uniform Shorts
- Shoes - trainers and racers. Spikes if you need them
- Socks - 2 pair
- Necessary undergarments
- Warm-up Top - Compression top
- Warm-up Bottoms - Compression socks, tights, sweatpants
- Hat - you lose more heat out of your head than anywhere else
- Gloves - especially throwers to keep your hands warm
- Dry clothes for after the meet
- Shopping bag or trash bag for wet stuff after the meet
- Towel or Blanket - Use to dry off or keep warm
- Travel pillow
- Rain Gear - check weather, its Florida
- Plastic trash bag - For wet weather. 1 to put your bag in, 1 to set things on
- Stadium seat
- Snacks - nuts, trail mix, beef jerky, water, sports drink (powdered mix for H2O bottles)
- Packed lunch if needed.
- Meal money
- Cell phone
- Portable Charger
- Ear buds - headphones
- First aid items
- Hygiene Products - Sunscreen, Chapstick, toilet paper (first thing to go), ladies...
- Eyewear - Sunglasses, extra contacts, contact solution / case, glasses, etc
- Homework - for bus ride or between events
- Entertainment - Book, cards, game. Keep it appropriate!