



## REGATTA PACKING LIST

### TRAVEL

- Bag/suitcase
- Bag to take to regatta\*
- Driver's license\*
- Cell phone\*
- Wallet and \$40-\$60 cash\*
- Passport/Visa/tourist card
- Emergency contact information\*
- Health insurance card\*

### CLOTHING

- Any and all uniforms\*
- Visor/Hat\*
- Extra racing attire
- Lots of socks\*
- Underwear
- Sweats\*
- Sandals for water launching\*
- Athletic shoes\*
- Gloves\*
- Swimsuit
- T-shirts
- Civilian clothes for when you aren't rowing
- Rain jacket\*
- Cold weather gear\*
- Sunglasses\*
- Pajamas

### OTHER USEFUL DOODADS

- Water bottle\*
- Stroke Coach\*
- Dried fruit & healthful snacks\*
- Books and magazines\*
- Playing cards\*
- Notebook and pen
- Inflatable pillow
- Small flashlight\*
- Wrenches (for rigging)\*
- Watch\*
- Alarm clock
- Video camera, camera\*
- Sewing kit with safety pins
- Sealable plastic bags

### PERSONAL

- Soap
- Medicine and prescriptions
- Shampoo/conditioner
- Comb/brush/hair spray/mousse
- Toothbrush, toothpaste and floss
- Pre-moistened towelettes\*
- Deodorant
- Tape for fingers\*
- Glasses/contacts\*
- Sunscreen\*
- Lip balm\*

### EXTRAS

- Towel and washcloth\*
- Umbrella for rain/shade\*
- Comfortable stadium chair\*
- Blankets to lie on or bundle up in\*
- Binoculars\*
- Camera, charged battery, memory card\*
- Tent with tarps
- Large garbage bags for wet clothes
- Sleeping bag/pillow/inflatable mattress
- Pens/pencils

\*Take to regatta site