

Packing List

(label everything)

Bring your

- Forms 1 & 5 (if not already uploaded)
- Prescription Medications in a Ziploc bag, with signed forms (if not uploaded already)
- Luggage (this will be searched)
- Chairs

Your luggage should contain:

- Uniform (All 3 pieces placed in a Gallon Ziploc bag on the top)
- Rain-gear – It often rains
- Layers of shirts, sweatshirts
- Extra socks & shoes
- Toiletries
- Sleeping Bag (if you want one for the hotel). Some kids don't like to share beds, so they alternate sleeping on the floor.

Your Day Bag /Carry-On should contain:

- Money for concessions and souvenirs at the Regatta or rest stops along the way
- Cell Phone or device charger and cords
- Practice clothing for Thursday on-the-water practice
 - Gortex or similar for rain
- Snacks for the ride
- Books/Magazines for the ride
- Sunscreen
- Entertainment for downtime at the river (Cards, games)
- Gallon-sized Ziplocs for protecting items inside your bag in case of inclement weather