


## OUTDOOR TRACK SUGGESTED PACKING LIST



Track Meets can last **ALL DAY!!** Therefore, it is important for parents and their athlete(s) to not only have plenty of water and healthy snacks; but, for them to be as comfortable as possible. Below are a few suggested items that may help survive the day!

<p style="text-align: center;"><b>Pop-Up Tent</b></p>  <p style="text-align: center;">Protect yourself from sun and weather during the track meet</p>	<p style="text-align: center;"><b>Tarp</b></p>  <p style="text-align: center;">Place under your tent to protect from dirt and grass</p>	<p style="text-align: center;"><b>Mallet / Tent Stakes</b></p>  <p style="text-align: center;">Stake down your tent during the track meet</p>
<p style="text-align: center;"><b>Lawn Chairs</b></p>  <p style="text-align: center;">Sit and watch during the track meet</p>	<p style="text-align: center;"><b>Foldable Wagon</b></p>  <p style="text-align: center;">Pack and carry items from your car to tent area</p>	<p style="text-align: center;"><b>Cot</b></p>  <p style="text-align: center;">Rest during the track meet</p>
<p style="text-align: center;"><b>Cooler with Wheels</b></p>  <p style="text-align: center;">Keep ice, water, and snacks cool during the track meet</p>	<p style="text-align: center;"><b>Ice</b></p>  <p style="text-align: center;">Keep food / water cold during the track meet</p>	<p style="text-align: center;"><b>Water / Gatorade / Powerade</b></p>  <p style="text-align: center;">Keep your athlete and family hydrated during the track meet</p>
<p style="text-align: center;"><b>Healthy Foods and Snacks</b></p>  <p style="text-align: center;">Food and snacks to eat during the track meet</p>	<p style="text-align: center;"><b>Trash Bags / Paper Towel / Toilet Tissue</b></p>  <p style="text-align: center;">Collect trash; wipe up spills; restroom emergencies at the track meet</p>	<p style="text-align: center;"><b>Hand Sanitizer / First Aid Kit</b></p>  <p style="text-align: center;">Keep hands clean during the track meet; attend to minor cuts &amp; scrapes</p>
<p style="text-align: center;"><b>Things to Stay Cool</b></p>  <p style="text-align: center;">Circulate cool air during the track meet; block sun; stay cool</p>	<p style="text-align: center;"><b>Sunscreen / Insect Repellent</b></p>  <p style="text-align: center;">Skin protection during the track meet</p>	<p style="text-align: center;"><b>Extra Clothes / Shoes</b></p>  <p style="text-align: center;">Keep dry with extra socks, shoes and undergarments</p>