**XC MEET SUPPLY LIST**

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**CROSS COUNTRY MEET SUPPLY LIST**

**The following items should be packed the night before a cross country race. All items on the list could help you or make your meet more enjoyable as the season progresses into colder weather.**

**All items should fit in one medium sized bag. This will be your responsibility at the meet. Try not to bring several bags, as this will increase chances of losing something - All valuables are at risk!**

**SHOES AND SPIKES - One pair to run in - one pair to change into if race is wet**

**SOCKS – minimum of 2 pairs- 1 for warm up, 1 for race**

**UNIFORM - Should include jersey/shorts/undergarments**

**T-SHIRT - and shorts to wear over uniform before and after race**

**LONG SLEEVE SHIRT - If all runners match, it can be worn under uniform during race**

**SWEATSHIRT - A must on cold days**

**GLOVES - Cotton for racing in cold weather**

**WATER OR GATORADE - Be prepared**

**SNACKS - Important to eat after a race**

**PLASTIC BAG - Many Functions including: trash, wet clothes/shoes, rain cover, etc…**

**CHAIR - Especially for an all day meet/invitational**

**BE PREPARED, meets are more fun when you are warm, dry, and not hungry!**