**Spring Training 2017**

**Packing List**

Below is a list of highly recommended items that you should bring to Spring Training. With this list, please understand that you may only bring **ONE** normal sized duffle bag (no suitcases). This is due to lack of room in the vans.

Also, you are allowed one small “Carry-on” for in the vans for entertainment/snacks. With that, just be courteous of who you are traveling with because the vans might be a little packed.

Please bring clothes for both warm and cold weather! The mornings can be pretty chilly, so having layers that you can just take off in the boat is a good idea! Also, Coxswains, dress warm since you don’t get much movement when you are out on the water!

**Clothes:**

* Bottoms
* Spandex, spandex, spandex!
* Running shorts
* Sweatpants
* Tops
  + T-shirts
  + Tank tops
  + Sweatshirts
  + Waterproof Jacket

- Undergarments

* + Underwear
  + Sports Bras
  + Socks (the more the merrier!)

- Swimsuit

- A nice outfit for our dinner out on Wednesday!

- Footwear

* + Running shoes
  + Sandals (waterproof)

**Toiletries:**

* + Shampoo and Conditioner (travel size)
  + Body wash (travel size)
  + Razor
  + Washcloth or Loofa
  + Toothbrush and toothpaste
  + Glasses and Contact stuff
  + Hairbrush

**First Aid Products:**

* + Band-Aids (water resistant is best)
  + Neosporin
  + Ibuprofen, Aleve, Advil, Motrin (whatever you like!)
  + Tape/Pre-Wrap
  + Sunscreen (spf 30 or higher)
  + Aloe Vera
  + Hydrogen Peroxide
  + Bug Spray
  + Tampons
  + ANY other medicine you may need!
  + **If you have allergies, bring your medicine! If you have asthma, bring your inhaler!**

**Other:**

* + Sunglasses
  + Free-time items – really whatever you want to occupy yourself during down time and during the car rides!
    - Homework
    - Music
    - Magazines
    - Cards
    - Crafts, etc
  + Phone AND Charger
  + Water bottle
  + Beach towel
  + Beach items: beach ball, volleyball
  + Non-Perishable snacks
  + Cash money for our day out and pit-stops along the way!
  + Driver’s license (if you are driving), some form of ID if you are not
  + Insurance card (just in case!!)

**NOTES:**

* + COXSWAINS – Bring your COX-BOX so you don’t have to yell all week!
  + THINGS NOT TO BRING
  + Anything breakable or expensive unless you need it for homework
  + any drugs, alcohol or tobacco
  + a bad attitude