**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