

# What To Take To A Regatta

Welcome new parents and athletes! If attending your athlete's regatta is a new experience for you, we'd like to provide some guidance on what to bring to a regatta. We hope that you will find it helpful.

Most importantly, be prepared for unpredictable weather. In the spring and fall, anything can happen! Check your favorite weather resources before leaving home to make sure you are prepared and comfortable for any situation. There's nothing more uncomfortable than sitting on the side of a river freezing to death! Throw in an extra jacket, blanket and hat even if you don't think you'll need it...someone else might.

Allow plenty of time to get to the venue and to park, especially if it is your first time to the venue. Parking is often off-site (think shuttle bus) or a long walk. Be prepared! It's either dusty or muddy so wear appropriate shoes. I highly recommend wearing some comfortable boots. They will keep your feet dry if it is raining and they will protect you from destroying your shoes if the venue is muddy. Foot traffic = mud.

## Parent Checklist

- Dress for the weather this could mean a warm coat and boots don't forget a hat and gloves—think layers! Remember, function over fashion goes a long way
- Umbrella and/or rain coat
- Chair—the roll-up kind work well
- Sunscreen
- Hat
- Sunglasses
- Water bottle
- Camera
- Blanket
- Hand Sanitizer and tissues for port-a-potty out of TP
- Snacks/Food to eat (this is a whole day event)
- Directions to the regatta
- Binoculars
- Cash or credit card – Sometimes there are booths set up with regatta-related items (tee shirts, sweatshirts, etc.) for purchase. There is usually a t-shirt, hoodie and other items made especially for the event.

*Note to coxswain parents – Remind your athlete to charge coxbox night before race and ensure that s/he brings coxbox, bag with tools to the race.*

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## Athlete Checklist:

Let me be honest with you, your clothes will get wet when racing. Whether it's raining or just from the act of racing itself you are participating in a water sport and you can anticipate needing to change your clothes after each time on the water. Bring lots of layers. Bring bags that you can put your wet clothes in after you're done racing so that it doesn't get your other dry clothes wet.

- High School Uniform (All pieces including your hat for major regattas)
- Phone and music to pass the time
- Warm-ups to keep you warm on land and on the way to the starting line (preferably Underarmour because it will still keep you warm even when wet, sweats, windbreakers)
- Wrenches---7/16ths (10mill and Adjustable Wrench if you have them) labeled with your name/tape
- Layers for racing (1 set of clothes for each race (heats, semis, finals))
- Rain Gear
- Refillable Water bottle
- Pre-Breakfast snack (CLIF bar, fruit, something HEALTHY)
- Snacks/Sports Drinks
- Hat/Sunglasses (if desired)
- Socks (x 3-4 pairs)
- 2 pairs of shoes (Think something waterproof/mud proof, and something else comfortable to wear. I personally always bring a pair of rain boots/duck boots, and a pair of gym shoes to run in during my warm-up before I get on the water)
- Chapstick
- Hand Sanitizer and tissues for port-a-potty out of TP
- Sunscreen
- Ca\$h for Regatta gear
- Plastic Bags for wet clothing (it will get all your other clothes wet otherwise)
- Hat for Cold Weather
- Hot Hands/ hand warmers & Gloves for when you are on land
- Extra set of cold-weather gear packed in plastic bags (this is to keep them dry if the ground/bag gets wet)
- Set of comfortable/relaxation clothes to leave in the car to wear on the ride back – will be dry and warm!
- If coxswain charged coxbox and tools, etc.

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Remember, it's best to wear as much Saline clothing as possible to help distinguish you from other teams. It will also look more professional; however, don't let this be a hindrance to bringing layers that could keep you comfortable in the elements.

Athletes-- remember that you will be outside and away from your items frequently. Try to avoid bringing items that are highly prized or something you care deeply about. Leaving something expensive in plain sight and unattended is just asking for it to get swiped and stolen. Your clothes/shoes will likely get wet and muddy, so bringing your North Face or UGG boots might not be the best choice.