

# Gear For Regatta

## **CANOE REGATTA PERSONAL GEAR LIST**

### **Race Gear**

- Uniform (1-2) T-shirt • 2 pairs of shorts • Sneakers (TIE SHOES) and wool socks
- Knee pads • Windbreaker/ rain jacket Baseball hat or visor (rain or sun shade) • Sunglasses or eyeglasses with tie • Moleskin or gloves or tape – for palms of hands • Polypropylene underwear – its colder up north / bathing suit • PFDs • Water pack • Plastic bags for garbage, litter, wet or dry clothes

### **First Aid**

- Personal meds • Sunscreen – insect repellent

**Food** – Bring a bag dinner and drink for Thursday, bagged breakfast for Friday and snacks for weekend

### **Camping Gear**

- Sleeping bag and pillow (or clothes stuffed in bag), sleeping pad • Toilet articles and two thin towels and washcloths, or handi-wipes • P.J.s • Clothes and shoes for camp, warm jacket
- Flashlight • Cameras and film • Swaps • Everything must fit in one duffel bag! • Day pack • Name on everything

**Thursday Itinerary-** • Be at meeting place, ready and packed at 5:30 p.m. • Bring lots of snacks • Bring money for two dinners, three lunches, shopping, gifts, souvenirs, and rides.