

What to Bring to a Track Meet

For Parents:

Hat or visor
Sunscreen
Folding Chairs
Tent
Directions to the Meet, if needed
Money to get into the Meet
Tissues
First Aid Kit
Camera
Poncho
Blanket(s)
Trash Can Liner
Wipes/Napkins
Book/Magazines

For Athlete:

Track Suit
Warm-up Suit
Track Shoes/Spikes
Towel
Nintendo/PSP/books
Extra clothes/socks

What to Pack for your Athlete in your Cooler:

Sport Drink
Water
Peanut Butter Sandwiches
Granola Bars/Power Bars
Fig Newtons
Fresh Fruits

- Bananas, Oranges, Apples, Raisins, Strawberries, Grapes, Dried Fruits

Vegetables

- Carrots, Cucumbers

Pretzels
Yogurt

****NO CANDY/CANDY BARS, SUGAR OR FAT**