**ATHLETE CHECK-LIST**

**IN YOUR BAG** **HELPFUL ITEMS TO HAVE**

 (Maybe in Parents Bag)

**Running Shoes Sanitary hand cleaner**

**Moist Wipes Sport drinks**

**Clean Uniform Small bottle of pickle juice**

**Warm-ups Alcohol/water frozen in zip bag**

**Two Chocolate Bars Small jar pickle juice**

**Lunch with at least three sandwiches Small jar of honey**

**Water, enough to last all day Sun Screen**

**Apple & Cheese/distance runners Orange**

**Hat Apple w/o skin**

**Blanket Bananas**

**Pillow Watermelon**

**Umbrella per athlete Portable Cooler**

**Change of clothing including underwear Pear w/o skin**

**Personal Items No cherries, peaches, nectarines**

**Toilet items No plums, black or blueberries**

**Tissues Strawberries**

**Games/cards/books Headache medicine**

**Band-aids Parent bring your medication Track/throwing/jumping shoes Bring your patience and time**

**Towel Socks**

**Asthma Spray Umbrella for parents**

**Sports drink to last all day**

**\* Apple & Cheese for distance runners**

**No electronic games (may be stolen)**

**Sport drinks should be the clear ones – no colors**

**Wear the warm-ups to track meet**

**ABSOLUTELY NO EATING FROM THE CONCESSION STANDS UNTIL THE ATHLETE HAS FINISHED COMPETING. I PREFER NOT AT ALL.**