

WHAT TO BRING TO TRACK MEETS?

- **GREAT ATTITUDE & SWIFT PRIDE**
- Easy-up pop-up tent
- Umbrella
- Cooler (with wheels)
- Tarp/ground cover
- Camp Chairs/blankets
- Camp cot
- Camp duffle/travel bag
- Bottled water
- Sports Drinks
- Fruit/Fruit cups
- Granola Bars
- Sandwiches (NO MAYO OR CHEESE) for athletes
- Anti-bacterial wipes
- Hand sanitizer
- Paper towels
- Plastic Utensils
- Mini first-aid kit
- Pain reliever (Advil/Motrin)
- Insect repellent