

What to pack for CRRC spring Break trip to Tennessee

PLEASE LABEL EVERYTHING!

Pack 2 bags: 1 for the bus and 1 you will not have access to until you get to TN

Bold items are Required

- Lunch and snacks for day one on the bus
- Racing uniform**
- Rain jacket and pants
- CRRC Spirit Gear
- Hat, gloves, mittens, fleece or warmer jacket**
- Uniform for scrimmage**
- Complete change of clothes for each day (Not training gear)**
- Socks: enough for 2 pair a day - (they will get wet & muddy and they don't dry)**
- 1 nice outfit for the 'formal' dinner**
- Active wear - several changes of clothing. NOT COTTON. You will need tight fitting pants/shorts, long and short sleeved tops. Sports Bras.**
- Swim Suit**
- Pajamas**
- Bras, Panties, Underoos, tighy whities, boxers... your choice.**
- Running shoes**
- Flip flops or water shoes (for the dock)**
- Rain boots or crocs
- Water bottle labeled with name, filled for the ride (there will be a large water & gatorade dispenser for filling once we reach TN)**
- Sunscreen
- Chapstick
- Lotion (the water is hard in TN)
- Personal Hygiene items: Shampoo, Soap, Deodorant, Toothbrush, Toothpaste, Feminine Hygiene products, Comb/Brush, Hair ties, Nail clipper, razor**
- Sunglasses
- Band-Aids (CRRC will provide a first Aid kit but its nice to have a few extra)
- Epsom Salt and a bucket big enough to put your hands in for soaking blisters**
- Triple antibiotic - big tube labeled with your name**
- Medications - please be sure to fill out the **medication form** for team travel
- Handwarmers
- Towel: (1) Bath, (1) Beach**
- Garbage bag to put wet muddy clothes in
- Sleeping Bag, Pillow, Bus Blankie**
- Spending money for Hammers (store) or other necessities
- phone, charging cords, etc... please note, there is no mobile reception or wireless at the resort.
- DVD's for the bus ride NO rated R movies allowed.
- Games and other down time activites
- Homework**
- Skateboard, razor scooter