

What to Bring to a Track Meet



For Parents:

Hat or visor

Sunscreen

Sunglasses

Folding Chairs

Cooler with wheels

Tent

Hand-held battery operated fans (the ones that spray water are the best)

First Aid Kit

Camera/video camera

Poncho/umbrella

Lightweight Blanket

Comfortable shoes & clothing

Garbage bags

Wipes/Napkins/role of toilet paper

Hand sanitizer

Book/Magazines

Small grill (if you'd like to grill food)

Directions to the meet

Cash to get into the Meet (entrance fees range from \$5 to \$8 for parents)

**Many of the items listed above can be found in trial sizes at Target in the trial size aisle.*

For Athlete:

Uniform

Warm-up

Track Shoes/Spikes

Towel

Books/ handheld game systems

Extra clothing/socks

Blanket

