

# **CANOE REGATTA PERSONAL GEAR LIST**

## **Race Gear**

- Kamikaze (1-2) T-shirt and a white T-shirt for race
- 2 pairs of red shorts
- Uniform jacket and red sweatpants or nylon pants
- Sneakers (TIE SHOES) and wool socks
- Knee pads
- Windbreaker/ rain jacket (red if possible)
- Baseball hat or visor (rain or sun shade)
- Sunglasses or eyeglasses with tie
- Moleskin or gloves or tape – for palms of hands
- Polypropylene underwear – its colder up north / bathing suit
- PFDs & paddles in canoe trailer until race day
- Water pack
- Plastic bags for garbage, litter, wet or dry clothes

## **First Aid**

- Personal meds
- Sunscreen – insect repellent

**Food** – Bring a bag lunch and drink for Friday & Saturday

## **Camping Gear**

- Sleeping bag and pillow (or clothes stuffed in bag), ground cloth (mattress if tenting)
- Toilet articles and two thin towels and washcloths, or handi-wipes
- P.J.'s (polypro)
- Clothes and shoes for camp, warm jacket
- Flashlight
- Cameras and film
- Swaps
- Everything must fit in one duffel bag!
- Day pack
- Name on everything

## **Friday Itinerary-**

- Be at meeting place, ready and packed at 7:30 a.m.
- Wear what you're going to paddle in on Friday afternoon
- Bring lots of snacks
- Bring money for one dinner and one lunch, shopping, gifts, souvenirs, and rides.

## **General Needs**

- Transportation to and from race Friday to Sunday for team and gear
- Ice chests, ice, jugs of water, cups, and plastic trash bags
- Full tank of gas
- Walkie Talkie if you have one and cell phone numbers
- First Aid kit