



Regatta Packing Advice

For Rowers, Coxswains & Spectators

All Rowers & Coxswains

- Photo ID is required
- Uniform top & long sleeve white tech shirt to go under uniform top (if needed) for racing
- Team jacket
- Blue Riverside Crew t-shirts (wear this on Thursday when you board the bus)
- Trou (and practice shorts)
- ★Water bottle
- ★LOTS of extra socks
- ★Extra change of clothes for ride home
- ★Towel(s)
- ★Two garbage bags: One to place backpack in when it rains and one for wet clothes
- Pillow for bus (If travel includes overnight stay)
- Blanket (good if waterproof)
- Sunscreen
- Hat
- Gloves
- Snacks and drinks for bus
- Money for a regatta t-shirt or other souvenirs
- Don't forget toiletries & PJs for the hotel! (If travel includes overnight stay)

Rowers, Coxswains and Spectators

- Umbrella
- Sunscreen
- Extra shoes
- Chair
- Raincoat or rain poncho / Rain pants
- Rain boots/waterproof boots
- Layered clothing
- Hand warmers
- Portable cell phone charger
- Battery operated fan

Spectators

- Folding chairs
- Binoculars