

What to bring to summer practices:

- Baseball cap
- Waterproof sunscreen
- Water bottle
- Sandals or water shoes
 - o This is especially important for athletes new to the sport who will be tipping.
- Running shoes and socks
 - o We will be doing running activities that require proper footwear.
- Bathing suit
- Towel
- Clothes for practice (t-shirt, shorts)
- Change of clothes
 - o Athletes will most likely be getting quite wet during practice, therefore a change of clothes is necessary.
- Healthy lunch
 - o There is 1h30 between practices for the peewees. We encourage the kids to stay at the club in between practices to eat, socialize with the other kids, and to go out paddling during open paddling.
- Soap
 - o If the kids have been swimming in the water during practice we encourage them to rinse off in the showers after practice.
- EpiPen/Asthma pump/Any other important medication
 - o Athletes are responsible for bringing their necessary medication and notifying the coaches as to where the meds are at all times.

What to bring to a regatta:

- Same as above **plus...**
- Healthy lunch + snacks
 - o It is a long day and the kids need to keep up their energy with some healthy food.
- Water and sports drinks
 - o One of the major problems at regattas is that kids tend to get dehydrated and therefore tired. **They need to have a water bottle with water or Gatorade in it whenever they are not on the water.**
- Rain Jacket
 - o Regattas continue rain or shine!
- **Racing Singlet**
 - o Kids cannot race without wearing their racing singlet. They can be bought at the canoe club during office hours.
- Fold-up chair
 - o This is recommended for any parents staying at the site all day. There are not always benches to sit on.