

S.H.S. Boys' Cross Country Team

Race Bag Contents

- **Always pack the night before the race, so that you are not rushing early in the morning and forget an important item!**
- The following is a list of items you should consider for your bag on the day of a race:

1. Running shoes

- **Racing flats or spikes if you have them**
- **Training shoes**
- **Old shoes to walk the course in morning or when ground is wet**
- **An extra shoelace in case yours breaks just before you race**

2. Racing singlet and shorts (if not wearing them when you leave the house)

3. Towel
4. Extra socks
5. Dry shirt, pants/shorts and underwear for after race
6. Racing singlet and shorts
7. Jacket, hat, gloves, as weather dictates
8. Water bottle
9. Extra shoe lace(s)
10. Suntan lotion and chapstick or lip balm
11. Toilet paper in case there is none
12. Goal or pace card
13. Racing singlet and shorts