What should I leave home and NOT pack in my bag for track meets?

High school track & field meets are so much fun!

However, we are going to these meets to compete at a very high level as well as supporting our teammates!

There are many items that can take away from that focus.

We provided you a list of items that you need to bring to track meets and now we are providing a list of things you can leave at home.

1. We will have a team camp which usually includes 1-2 tents for you to use for shelter from the sun and rain so please do not bring your own individual tents.
2. We all love to listen to music but please bring headphones. Do not bring large speakers. Small portable speakers are okay if they are not too loud.
3. We will provide food for you at some meets while other meets you may need to pack a sack lunch or bring money for concessions or nearby restaurants. Do not bring grills to cook food such as hotdogs, burgers, etc.
4. We will talk about what to eat at track meets in more detail in another article but we for sure do not want you to bring any junk food such as chips, soda, candy to any track meets.
5. There are lots of fun activities such as playing catch with footballs or frisbees, or playing games such as Spike Ball, Hacky Sack, and Cornhole but we prefer not to have these or similar items at track meets. If you have enough free time to play these games, we prefer you go cheer on your teammates.
6. When staying in hotels, we need to get some rest and relaxation, so we prefer you do not bring any gaming systems (such as Play Stations, Xboxes and more- get some sleep)
7. For overnight trips- we do not normally have time to swim at the hotel so please leave your swimsuits at home. If we feel like we will have some time and a need for the pool, we will let you know.
8. We love having fans at our meets to cheer us on, but boyfriends, girlfriends and even best friends can sometimes be a distraction. Have them stay in the stands and out of team camp and competition areas.
9. Leave any inappropriate items/materials that may get you into trouble at home.