What should I pack in my bag for track meets?

Racing flats, check. Track spikes, check. Singlet and shorts, check, check. What else are you forgetting? Nothing dampens your mood quicker than arriving at the meet and settling down under the tent only to realize, as you frantically go through your bag, that you forgot to pack an essential item. We've all been there. Your heart is already pumping before the race has begun! But no need to panic. Here's a list of the non-competition gear you will need to be fully prepared for your next track & field meet for a worry-free performance.

Pack the night before and put spikes in your shoes the night before. Label items such as water bottles, backpacks and spike bags with your name and phone number.

Here is a list of some items you may need to have at track meets-

1. Healthy drinks & snacks (We will cover this in more detail in another article)
2. Water bottle (HYDRATE! HYDRATE! HYDRATE!)
3. Sunscreen, SPF-rated lip balm, etc.
4. Sunglasses
5. Hat or visor (for shade)
6. Change of clothes and extra socks (additional outfits for overnight trips)
7. T-shirt & shorts to wear over your uniform on days when sweats are not needed.
8. Clothes to keep you warm such as extra sweats, stocking hats, gloves and coats
9. Thermal underwear, leggings, etc.
10. Umbrella and rain gear
11. Blankets, pillows, maybe a hammock and/or folding chair
12. Insect repellent
13. Any medications you may need such as allergy medications, inhalers, etc.
14. Foam rollers/massage rollers, massage guns, etc.
15. Uniform (top & bottom), blue team jacket and black warm-up pants/leggings
16. Undergarments to wear under uniforms (Royal blue, black, white or gray)
17. Event shoes such as spikes, jumping/throwing shoes
18. Flats or running shoes for warm-ups and practice sessions
19. Implements such as shot puts and discus
20. Contestant number and pass (if needed)
21. Phone and phone chargers (headphones for music)
22. Schoolwork and/or books to read
23. Money for snacks, t-shirts, souvenirs, etc.
24. Toiletries (personal hygiene products) (additional items for overnight trips)