



Chautauqua Lake Rowing Association, Inc.

18 Jones & Gifford Ave · Jamestown, New York 14701

Items to pack for away races

- Unisuit - may be rinsed and hung to dry for two-day races
- Long-sleeved racing shirt – Team colors if you have one, black if you don't
- Long spandex pants – Black
- Hooded sweatshirt and sweatpants (or fleece) - To keep muscles warm
- Complete change of warm, dry clothes for after race (VERY important)
- Rowing jacket or other water-resistant outerwear
- Socks - A rower can never have enough of these (preferably old socks)
- Shoes - An extra pair in case one gets wet
- Sandals - To slip in and out of on the docks
- Blanket - For keeping warm in the tents
- Layered clothing under outerwear
- Hat - To preserve body heat
- Gloves - May not be worn during racing unless you are a coxswain
- Toiletries - Toothbrush, toothpaste, deodorant, personal items
- Book bag and homework - To work on during idle time
- Medications and inhalers - If needed
- Snacks and drinks – Its best to stay hydrated
- Chair – To sit in between races

DO NOT BRING VALUABLE ITEMS! Expensive cameras, video game systems, portable music players, etc. are the responsibility of the rower choosing to bring them. Chautauqua Lake Rowing is not responsible for the loss of any personal items.