

## Chautauqua Lake Rowing Association, Inc. 18 Jones & Gifford Ave · Jamestown, New York 14701

Items to pack for away races

Multiple Layers of Clothing – We will be outside all day
Rain gear/Rain Suit – It will rain while we are at races
Umbrella
Hat or visor – Extra protection from the sun, rain, and cold
Gloves
Sunglasses – The glare from the water is often bright even on cloudy days
Warm, comfortable, waterproof shoes or boots are best
Sun screen – Sometimes the sun does peak out for a little while
Bug spray – Often there are more bugs by the water
Chair – You will be doing a lot of sitting around
Binoculars – So you don't spend time cheering for the wrong boat
Camera or Video Recorder – It's always nice to see how the race went
Food you volunteered to bring
Complete change of warm, dry clothes for after race (VERY important)