**Equipment/Packing Lists**

Daily at Practice:

* Running shoes
* Water bottle
* Clothing appropriate for hot/cold weather, indoor/outdoor practice. This means pants, long sleeve shirt, and hat/gloves for MOST days in the early season.
* Running watch (not required but STRONGLY recommended)

Meet Day

* Uniform: school-issued singlet and shorts
* Running shoes
* Racing shoes (spikes or flats. Not required. Recommended for experienced athletes who are injury-free)
* Water bottle
* Long- and short-sleeved shirt for over singlet, preferably has “Lansing” on it.
* Warm-up pants
* Sweatshirt and/or warmup jacket, preferably has “Lansing” on it.
* Outer layer for possible rain/snow as well as hat/gloves.
* Watch
* Extra socks
* Sunscreen
* Healthy snacks/meal (fruit, sandwiches, granola bars, cheese sticks, etc)