**Equipment/Packing Lists**

*\*\*Label everything with your name!!!\*\**

Daily at Practice:

* Running shoes
* Water bottle
* Clothing appropriate for hot/cold weather, indoor/outdoor practice
* Running watch (REQUIRED. Needs to have basic timing function.)
* Towel
* Mini band
* Mask (and a spare) should we need to move indoors

Meet Day

* Uniform: school-issued singlet and shorts
* Running shoes
* Mask (and a spare) for bus and any facility requirements
* Racing shoes (spikes or flats. Not required. Recommended for experienced athletes who are injury-free)
* BLACK leggings/long sleeve top (performance/tech material )(optional but often worn at cold meets under uniform)
* Water bottle
* Watch
* Warmups: school-issued jacket and pants (varsity) or layers, preferably with “Lansing” or in blue/gold/black (modified)
* Long- and short-sleeved shirt for over singlet, should be unmarked or marked with “Lansing,” “Lansing XC,” or “Lansing Track & Field”
* Outer layer for possible rain/snow as well as hat/gloves.
* Dry clothes for after racing
* Extra socks
* Sunscreen
* Bug spray
* Hand sanitizer/wipes
* Healthy snacks/meal (fruit, sandwiches, granola bars, cheese sticks, etc). **Please avoid peanut/tree nut products!**