

## FALL/SPRING ROWING

Some information for fall/spring rowing that you and your rower should pack for regattas:

Waterproof sport bag

2 changes of clothes: T-Shirt, shorts/pants, socks, underwear

Under-Armour layers (not necessarily name brand, but the extra layer)

Sunscreen

Water/Gatorade

Snacks (bananas/granola bars/sport bars/fruit, etc.)

Rain Gear – rain coat, rain pants, rubber boots

Hat/Mittens/Gloves/Scarf

Hand/foot warmers

Whether your rower is in the fall and/or spring season, the weather conditions range from beautiful to challenging – we've had - rain/snow/sleet/wind/cold/hot – in both rowing seasons.