

## Demon Cross Country

### GO-BAG Essentials

You are issued an athletic bag, which we refer to as your “Go-Bag.” Please keep the following items in your bag.

- Spikes (On School Days if you have a meet)
- Uniform (On School Days if you have a meet)
- Warm-ups (On Meet Days if COLD)
- Sandals/flip flops (Optional – for **after** racing)
- Toilet Paper
- Dry Socks
- Dry Towel
- Disposable plastic poncho
- Extra t-shirt (Optional)
- 3 or 4 empty plastic grocery bags (for wet/dirty items)
- 1 or 2 zip-lock bags (for a cell phone, small electronics, etc.)
- Sharpie or permanent marker (to label your water/drink)
- Bottled water/Gatorade (write your name on it)
- Pre-packaged snacks (granola bars, etc.)
- Cheap gloves and cap (For later races in the fall when cold)