

Items to pack

Water Bottle

Black Shorts (wear on Friday)

Huber Heights Red Shirt (wear on Friday)

Extra athletic shorts

All athletes will get a uniform (shirt and shorts) to keep

(Track & Field Athletes will wear a Track shirt for their events. It must be returned)

Underwear, sports bra

Athletic socks

Athletic running shoes (no fashion shoes for track, Please)

Shower shoes

Pajamas, Robe

Shampoo, Conditioner, Soap, Toothbrush, Toothpaste, Feminine items,

Deodorant

Sunscreen, Sunglasses, Hat

Towel, washcloth

Clothes to wear to Saturday party

Fan (parents might have to transport)

\$20 for Saturday dinner

DO NOT BRING ELECTRONIC DEVICES

Emergency Information

Athletes Name _____

Emergency numbers with names please

We will also use these names when we notify you about the time of our return.

Name _____ Phone _____

Name _____ Phone _____

Name _____ Phone _____

Name _____ Phone _____

If you are staying in Columbus: Hotel Information _____

Medical Conditions _____

Allergies to Food _____

Allergies to Medication _____

Other issues coaches should be aware of _____

Medications

Name	Amount	Reason for Med
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____