**Rower’s Gear List for Training Camp**

***Please remember to name all gear!!***

**Day Bag for first day**

Rowers will need to bring a day bag with the following:

* Bring enough food for lunch and snacks for the afternoon as dinner will be the first meal provided
* Water bottle
* Training gear for a row (rowsuit, row shoes, hat, thermal if cold, sunscreen)

**Gear list**

* Row shoes
* Rowsuits
* Sleeping bag and inner sheet if you use one, plus bottom sheet to cover the mattress
* Pillow
* Towels x 2-3
* Toiletries – deodorant, toothbrush/paste, shampoo, soap, insect repellent, sunscreen
* Blister care items
* Sunglasses
* Underwear & socks – enough for the six/seven days
* Sleepwear
* Swimming togs
* Lots of close-fitting training gear
* Thermal tops
* Water bottles
* 10mm ring spanner
* Watch
* Warm casual clothes e.g. track pants, MAGSROW hoodie
* MAGSROW cap/bucket hat
* Light raincoat
* Jandals for the shower
* Running shoes and socks
* Cards, board games, book to read, volleyball etc.

***Please bring enough clothes for the week, as we will wash training gear only if necessary.***