

# CROSS COUNTRY CHECKLIST

## **UNIFORMS**

- Game Uniforms
- Practice Jersey and Shorts
- JH Uniforms
- Travel Gear
- Cold Gear Jerseys
- Cold Gear Tights

## **EQUIPMENT**

- Cross Country Kit with Flags
- Finish Line Banners
- Directional Flags and Posts

## **TRAINING**

- Jump Ropes
- Speed Chutes

## **GENERAL SUPPLIES**

- Scorebooks
- Whistles/Lanyards
- Stop Watches
- Water Bottles
- Water Bottle Carriers
- Gatorade