

Rowers/Coxswains and families – The weather is supposed to be HOT. Bring your own water bottle – there will be a big cooler of cold water for you to replenish your bottle. Take water with you in the boat on your way to the race. Re-hydrate is the key.

Bring your own lunch!! This could be a long regatta – be ready to replenish your fuel supply with a good lunch. Check out the dietician’s guidelines.

No need to bring snacks before regatta day. Bring them with you and put in the buckets.

ROW Majors!

Item	Number Servings Minimum
cheese sticks (mozzarella, cheddar, baby bell)	12
cheese sticks (mozzarella, cheddar, baby bell)	12
cheese sticks (mozzarella, cheddar, baby bell)	12
cheese sticks (mozzarella, cheddar, baby bell)	12
bag of apples	at least 10 apples
bag of Naval oranges	at least 10 organge
bananas	12
bananas	12
bananas	12
packaged crackers / filling (example: peanut butter and cheese)	24
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packaged crackers / filling (example: peanut butter and cheese)	24
snack crackers (example: wheat thins)	12
snack crackers (example: wheat thins)	12
snack crackers (example: wheat thins)	12
snack crackers (example: wheat thins)	12
trail mix	15
trail mix	15
granola bars	12
granola bars	12
granola bars	12
100% fruit juice boxes/bags	20
100% fruit juice boxes/bags	20
100% fruit juice boxes/bags	20
mini bagels (whole wheat)	24
mini bagels (whole wheat)	24
grapes (4 lbs into 20 servings)	20
breakfast bars w/fruit	12
breakfast bars w/fruit	12
breakfast bars w/fruit	12
breakfast bars w/fruit	12
case of water (.5 l)	24
case of water (.5 l)	24

