

Orenda Canoe Club

powerful spirit



Are you Regatta Ready?

Athlete

- Orenda Jersey
- Life Belt
- Water or Sports Drink
- Lunch and snacks or money to buy lunch
- Extra dry clothes – towel
- Dress for weather always pack for RAIN
- Umbrella - (Plastic tie wrap to attach umbrella to chair)
- Garbage Bag - Keeps things dry should it rain.
- Chair
- Sunglasses
- Sunscreen
- Deck of Cards or Games for between races. (Keeps the kids entertained between races)
- Nice to Have: Binoculars and Camera

Parent

Night Before - Print off Draw (Race schedule) Find at <http://www.adckc.ca/default.asp?mn=1.2>. The draw is usually under the coaches heading