

## ***Falcon Juniors: Racing Checklist 1 (Juniors)***

### ***Before the day***

Paid your entry fee?	
Handed over your British Rowing card, with photo?	
Read the draw?	
Read ALL the instructions to competitors and course map?	
Checked when trailer loading will be?	

### ***In your kit bag***

Race kit (all in one/tshirt etc)	
Spare/back up race kit	
Light, waterproof top for on the water	
Warm layers for after racing	
Hat (visor/woolly hat- dependent on season)	
Sunglasses	
Sunblock (remember- the sun reflects off the water)	
Water bottle (and a spare if more than one race)	
Food- snacks and also something to share	
Hot water bottle- if likely to be a cold day	