

## Practice Bag

### The “Must’s”

- Proper running shoes (do not buy event shoes until you have been placed by the coaching staff)
  - Go to Inside Track for a proper fitting. If you go to the Harrisburg store ask for Henry Klugh. Most running stores will give a discount to track athletes. You should never purchase a shoe based on appearance; purchase depending on whether you pronate, supinate, have a high or low arch, etc. Running stores will aid in keeping you injury free.
- Comfortable clothing: shorts, t-shirt, socks
- Warm clothing: **Sweat pants (everyday)**, hoodie, gloves, hat
- Water Bottle
  
- (Eventually, event shoes)

### The “Optional, but a good idea”

- Extra clothing
- Sun glasses
- Sun Screen
- Hair ties
- Tampons
- Light snack for before practice
- Deodorant

