

- Uniform (Shorts/Singlet)
- At least \$50 cash or a credit card for meals
- Plano East Shirt (2 if you have them)
- Spikes
- Running Shoes
- Backpack
- Watch
- Phone & Phone charger
- Specific breakfast foods/snacks to you
- Rain jacket just in case
- Contacts/Glasses
- Socks + Extra Pair
- Underwear
- Toothbrush/toothpaste
- Deodorant
- Hair products
- Personal hygiene items
- Vitamins/Supplements/Medicine
- Refillable Water bottle
- Clothes for dinner
- Comfortable clothes for travel/sleep
- Pillow/Blanket
- Foam/Stick Roller
- Important school work
- Games to play at hotel
- Headphones