

STATE GAMES - PACKING LISTS

**Uniforms will not be handed out prior to any state meet.
Coaches will pass out and collect them at the meet.**

State Bowling - overnight competition

- Changes of clothes (including underwear, socks etc.)
- Pajamas and robe or sweats for sleeping
- Toothbrush, toothpaste, deodorant, (personal items)
- Swimming suit and towel
- Medications:
 - Completed medical information sheet (Turned in 1 week ahead)
 - Place in the given brown envelopes (get more if needed)
 - Instructions and dosages label completed
- Spending money is optional. Souvenirs are limited at this meet
- Athletes are allowed to bring head-sets and music. Please label them with your athletes name. KCSO coaches and volunteers are NOT responsible for any loss or damage.
- NO CELL PHONES

Winter Games - overnight competition

- A nice change of clothes for the dance
- Three (3) changes of warm clothes (long underwear, socks etc.)
- Two (2) sets of hats, scarves, gloves or mittens
- Pajamas and robe or sweats for sleeping
- Toothbrush, toothpaste, deodorant, sun screen (personal items)
- Swimming suit and towel
- Medications:
 - Completed medical information sheet (Turned in 1 week ahead)
 - Place in the given brown envelopes (get more if needed)
 - Instructions and dosages label completed
- Spending money is optional. Souvenirs are on sale
- Athletes are allowed to bring head-sets and music. Please label them with your athletes name. KCSO coaches and volunteers are NOT responsible for any loss or damage.
- NO CELL PHONES

SUNMER GAMES - overnight competition

- A nice change of clothes for the dance
- Two(2) changes of clothes (shorts, shirt, underwear, socks, etc.)
- Gym shoes if in Track & Field
- Towel, washcloth and soap
- Pajamas and robe or sweats for sleeping
- Toothbrush, toothpaste, deodorant, sun screen (personal items)
- Swimming suit and towel
- Medications:
 - Completed medical information sheet (Turned in 1 week ahead)
 - Place in the given brown envelops (get more if needed)
 - Instructions and dosages label completed
- Spending money is optional. Souvenirs are on sale. The Summer Games usually have a better selection.
- Athletes are allowed to bring head-sets and music. Please label them with your athletes name. KCSO coaches and volunteers are NOT responsible for any loss or damage.
- NO CELL PHONES