

What to Pack for a Dragon Boat Festival

Please Note this list is only a guideline for you. The amount of items needed will depend upon the length of the festival, location of the festival, and your needs.

Items Needed at the Festival Venue:

At each festival we usually have a tent with a few chairs that are located in a secure area. Anyone, who comes into that area must be a participant. We receive a wrist band to show the security guards posted at the entrance/exit. Only those with wrist bands are allowed into the Participant Secured Area. To date, our belongings have always been safe. Note that we do spend time at our tent between races. Depending upon our schedule off time can be spent checking out the venues which are often in a park like area or watching the races.

Please be aware that the distance from parking areas and the Participant Secure Area varies and is often away. Figuring out how you will carry items is first consideration. Backpacks and bags are in order.

Items:

At Paddling Venue:

Paddle, Paddling Case if you have one and **Life Jacket** complete with attached whistle.

Uniform and Dry Clothes: When we leave our accommodation and go to the festival venue we are dressed in our uniform. Depending upon weather, short and or long sleeve shirt, black shorts/skorts, black slacks, team jacket. Bring set of dry clothes in case it rains or you get wet in the boat. If weather is cold, bring clothes to layer. A **fold up rain jacket** is good to have as well as a couple of **garbage bags**. Sometimes we have to sit on wet ground. **Shoes** that you wear when you paddle

Food: snacks for yourself as food venues may or may not be close by or what you like, snacks to share with others.

Water Bottle: most venues have a water source to fill and refill bottles. No bottles are allowed on the racing boats.

Hat

Sunscreen

Sunglasses

Small wallet or pouch for money and important cards aka medical card.

Medications may include prescriptions, tylenol, aspirin, ibuprofen.

****Take what you need but not too much as sometimes space is limited in the tents. If you have a lucky charm don't forget to add it to your bag.**

At Accommodation:

Clothes, extra Footwear and Nightwear: pack according to the time you are away and your style of dress. Sometimes a festival plans a "Paddler's Get Together". Most times teams wear their uniforms. If a more formal get together is planned the organizers will inform the team and

individuals can pack for the event. Check the weather and pack what you think you will need. If there is a pool at accommodation, pack a **bathing suit/towel**.

Toiletries: toothbrush and toothpaste, hair brush/combs, cosmetics, shampoo/conditioner, soap, towel is desired.

Food: Snacks that you prefer aka nuts, fruit, energy bars, licorice etc. Cheezies have been know as a favorite. When we get together in someone's room at night after our racing day, often **wine** and drinks of choice appear!

Everyone packs differently with amounts but remember that it is up to you to carry what you bring. It is important that you are comfortable both on the water and off.