



#### **Iron Horse Packing List:**

**Very Important: All long sticks/Goalies will need an airline approved carrier for your stick. You can buy an airline approved fishing pole container at Bass Pro Shops or buy a bag for your pole at any lacrosse specialty store. Short sticks can easily fit in your lacrosse bag. For all players, heads will need to be unscrewed prior to flight and your heads will need to be carried on and not stowed in the baggage compartment (this is to prevent warping especially in the summer heat).**

- Screwdriver
- Lacrosse bag with all equipment and 3 lacrosse balls to use as warm up balls.
- **An extra mouth guard Mandatory!**
- **An extra head Mandatory!**
- **Iron Horse Uniform *Carry on do not pack in checked luggage***
- 4 pairs game socks (you get one pair of IH socks with your uniform package you should pack other socks as well)
- 4 dri fit shirts or under jersey shirts (please pack appropriately for the forecast, one short sleeve dri-fit comes with your uniform)
- Sliders to go under shorts to prevent chafing
- Gold Bond Powder (for if the above does not work)!
- Cleats
- Athletic Tape
- Rain gear for the player to wear in between games if necessary
- Sunscreen
- Any other clothes you will need for the weekend
- Towel in case of rain at the field (pack in lacrosse bag)
- 2 garbage bags large black hefty lawn size bags can be used to slide your lacrosse bag inside so they don't get wet at the field or for dirty muddy clothes.
- Toiletries
- Any medications your player takes on a daily basis
- Pedialyte packets/Propel packets for dehydration (powder packets your put directly in water bottle)
- Itinerary

Tips for packing: You can fit a small folding chair and small cooler in your player's lax bag for the flight. They make great options for these items now. Cliq chairs and foldable/packable coolers.

#### **Warm Weather:**

Frogg Togg cooling towel or other cooling towel

#### **Cold Weather:**

Please pack medical latex gloves that fit your player's hand well (they wear under gloves to help keep their hands warm)

Beanie hat for head between games

Cold Gear Under Armour

Sweatshirts/Sweatpants