



2024 NXR Packing List

What to Pack for NXR 11/21-11/24/24

1. All items need to be in a soft duffel bag or something similar, no hard sided luggage allowed
2. Uniform, Team T-Shirt, Team Warm-ups
3. Socks & Underclothes
4. Workout outfits
5. Shorts & T-shirts
6. Sweats & Warm-up Wear
7. Light Jackets
8. Pajamas
9. Swimsuit
10. Shoes – Training and Racing Flats
11. Hawaiian Shirt for the Luau
12. Toothbrush, Toothpaste, Hairbrush, Hairspray, deodorant, etc.
13. iPad, iPhone, chargers & headphones
14. It is usually between 65-80 Degrees while we are there and sunny. Bring appropriate clothing.
15. Food and Souvenir Money (see below):
 - **Personal funds for 5 meals (\$75-\$100)**
 - Dinner on Thursday night in Fillmore, Utah
 - Lunch on Friday afternoon in Flagstaff, Arizona
 - Dinner on Friday night in Mesa, Arizona
 - Lunch on Saturday afternoon in Mesa, Arizona
 - Lunch on Sunday afternoon in Page, Arizona