

Cross Country



5K All-American Race
July 3
mostly grass & dirt paths with a few paved surfaces

5.7K International Fun Run
July 6
paved surface



Cross Country

Checked Bag Packing List

You are allowed 2 checked bags—each should be 50 lbs or less. Please put a Down Under Sports luggage tag and wristband on your checked bag's handle. Spares will be available in Australia.

- Spikes
 - cannot be in carry-on luggage
 - need to be clean (no soil)
 - spikes ok to use at your high school are ok to use in Australia
- Clothing
 - warm days & cool evenings
 - light jacket/hoodie
- Toiletries

Carry-On Bag Packing List

Please put a Down Under Sports luggage tag and wristband on your carry-on bag's handle. Spares will be available in Australia.

- Uniform
 - in case checked bags are lost or delayed
- Running Shoes & Practice Gear
 - there is a practice on arrival day and you will not have access to checked bags
 - shoes need to be clean (no soil)
- Prescription Medication (in original packaging)
- Cell Phone & Charger
- Electronics
- Snacks

Reminders

- Save Down Under Sports in your phone: 435-753-4732
 - normal office hours: M-F 9:00am – 5:00pm
 - on call during off hours for emergencies
- Call us directly if there is a problem
 - we can solve airport problems better if we are speaking to the person at the airport
- Be aware of the time change
 - depending on your time zone, Australia is between 14-20 hours ahead—please keep this in mind when communicating
- Wear these items on travel day:
 - blue travel shirt
 - wristband (same as one's going on luggage)
 - lanyard
- Special seating requests are handled at the airport—please ask an agent when checking in or at the gate
- **BRING YOUR PASSPORT**
- **Arrive at airport at least 3 hours before departure**
- Australia has different power outlets. You will need an adapter and possibly a converter. Both can be purchased in the US or Australia.
 - American hair dryers used in Australia can often have power problems. A lot of hotels have them in the room, or we recommend buying a cheap one down there. There are several places close by to purchase one.