

**Parents survival guide for field and box lacrosse**

**Field – for parents, siblings, guests and players**

1. Fold up chairs
2. Large sun umbrella, small pop up tents or sports tents
3. 10 x 10 or bigger sunshade for eating meals under and rain protection
4. Sun protection – sunscreen, sunglasses
5. Good shoes for wet fields
6. Feet / toe warmers –battery-operated warming socks or those chemical patches
7. Hand warmers – chemical ones you can buy, or medical gloves the players can wear under their playing gloves
8. Small heater if you have
9. Stadium blankets / bleacher blankets
10. Organize a pot luck – crock pot meals, deli trays, coolers of hot chocolate or cold drinks
11. Water bottles
12. Protein snacks and drinks for between games (even if a pot luck is being organized)
13. Back up clothes for everyone – socks and shorts for players
14. Extra equipment if you have – mouthguard, lacrosse gloves, extra sticks
15. Bug repellant
16. Cold weather gear – gloves, toques, mittens, ear warmers, rain or splash pants, long johns, snow pants
17. Extra sports gear for in between games – soccer ball, frisbee
18. Wagon to schlep all this stuff to and from the fields – they are not always close by where you park

**Box – for parents, siblings, guests and players**

1. Cushion for sitting on
2. Cold drinks and snacks as arena snack bars are limited and expensive
3. Organize a pot luck – crock pot meals, deli trays, coolers of cold drinks
4. 10 x 10 or bigger sunshade for eating meals under and rain protection outside the rink
5. Back up clothes for everyone – socks and shorts for players
6. Extra sports gear for in between games – soccer ball, frisbee
7. Protein snacks and drinks for between games
8. Water bottles