



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. 10x10 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 repellent
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 hot chocolate or cold drinks
4. 10x10 or bigger sunshade for eating meals under and rain protection
5. Back up clothes for everyone – socks and shorts for players
6. Wagon to schlep all this stuff to and from the fields – they are not always close by where you park