

TIPS FOR SURVIVING  
THE MECCAVERSE  
FOR ALUMNI (HOMECOMING EDITION)

DRINK YOUR WATER!

DO A STRONG KNEE AND BACK CHECK BEFORE  
PARTYING

STRETCH 15  
MINUTES BEFORE  
CLIMBING THE HILL

REMEMBER TO PACK YOUR PAIN  
PILLS AND YOUR HEATING PACK.

ADD INSERTS TO  
YOUR BOOTS

HOT PACK

WALKWAY  
#HOWARDHOMECOMING2022