

Gear List for Running Camp

First of all we are packing for 4 days, not a month. We are training and having a good time outside, so let the fashion statement clothing wait until the first week of school. In other words pack light!

Wear Running clothes on the bus going to camp.

Water bottle

Running clothes (shorts, tees) at least 3 sets

Running shoes (best to have at least two pair)

Socks (At least 5 pair)

Casual clothes

Bathing suits

Sandals or flip flops/shower shoes

Watch

Sleeping bag (light weight) or twin bed sheets

Pillow

Beach Towel

Camp chair (optional)

EMU (optional)

Composition Book

Flashlight, lantern, or headlamp

Spending money

Change (quarters)

Summer Reading

Insect repellent

Sunscreen

Sling bag (See Coach Evans if you need one)

Towels (2 + hand towel)

Wash cloth

Clothes line (25 feet)

Dirty Clothes bag

Clothes pins

Clothes hanger (for s'mores)

25 foot Extension cord and power strip (just one per 3 campers)

Soap and other personal hygiene items

Personal medications (Let coaches know if you have specific allergies like to peanuts and bee stings)

Musical instrument (If you can play it)

Make sure you can get all the clothes and personal items in a bag small enough to carry on a plane. Also, make sure you bring a positive attitude for having fun, getting to know your teammates, and getting ready for the racing season! ☺

Don't bring electronics, other than your cell phone