

What to bring to camp:

Lots of running clothes We will be running twice a day and we will not be going anywhere that running clothes aren't appropriate.

Running Shoes Two pairs would be preferable since there will be mud and water. No spikes will be needed.

Lots of Socks Dry socks are very nice

Swimming Suit

Beach Towel

Shower Shoes and or Sandals

Bath Towel

Toiletries:

- Soap
- Shampoo
- Wash cloth
- Deodorant or antiperspirant
- tooth paste
- tooth brush
- hair brush and or comb

Sleeping Bag

Sleeping Pad

Pillow

Tent Not mandatory, we have some extra tents so don't buy one especially for this.

Flash Light

Sun Screen

Bug Repellent

Notebook

Pen or Pencil

What not to bring to camp:

Do not bring electronics to include cell phones, cameras, or MP3 players. We will be living in tents without a reliable way to secure these devices. Besides, we're here to run.

You probably won't need Makeup or perfume.

Don't bring anything that you don't want stolen, or can't afford to lose. You can probably trust your teammates. It's the other campers that we're concerned about.