

## **CHECKLIST OF THINGS TO BRING TO CAMP**

- Completed medical form
- Running gear
- 5-7 shirts
- 3-4 pairs of shorts
- Running shoes/workout shoes
- PJs and bathrobe if you want
- Socks and underwear
- Swim suit and towel
- Casual attire for after running
- Shoes (non-running)
- A little spending money
- Toiletry/personal items such as: sunscreen, sunglasses, hat, water bottle, etc
- Pen and paper if you want to take notes during guest speakers
- Laundry bag
  - Quarters and a little laundry detergent if you want to do wash (washers and dryers in dorms also take credit cards)
- Pillow, pillowcase, sleeping bag or 2 twin sheets and blankets
- Bath towels (bring an extra for stretching on grass/track)
- Alarm clock
- Portable Fan
- Cell Phone Charger
- Snacks in sealable containers and drinks