

INSPIRATION



RUNNING CAMP

*** NO ATHLETE WILL BE ALLOWED UP TO CAMP WITHOUT
HANDING IN A MEDICAL TO THEIR COACH ***

BASIC CHECK-LIST

- Running shorts, shirts, shoes & socks (You're running 2x per day)
- Hang out shoes, clothes
- Pajamas
- Undergarments
- Bathing suit and towel
- Towels and wash cloths
- Sleeping bag, pillow, old sheet to cover the mattress, blanket
- Sweat tops/bottoms
- Warm clothes – It gets cold at night
- Rain gear, sunscreen, bug spray, bug repellent
- Warm jacket or sweatshirt
- Long pants/long sleeve shirts
- Sandals/flip flops for the shower
- Tissues
- Flashlight
- Personal items: soap, shampoo, deodorant, toothpaste and a brush
- Medication (Advil, Tylenol, Asthma pump etc...)
- Hair dryer, comb, brush, scrunches, alarm clock
- Fishing gear if you fish – yellow plastic worms work best
- Camera, football, Frisbee etc..
- Radio/DVD Player and batteries
- Snacks for those cravings (cookies, chips etc...)
- Gatorade Powder – You can mix with the water up there.
- Some money for the canteen – ice cream, candy
- Any items you can think of

*** EVERY TEAM SHOULD TRY TO BRING A TEAM BANNER UP TO HANG ON EACH CABIN ***