



To Bring List

When packing, keep in mind we will be outside for much of the day most days away from camp. Please come prepared for inclement weather but don't bring the kitchen sink.

Keep in mind we've got one or two runs a day with optional swims at the end of many of them. We've got one long run planned with other shorter runs. Nights will be cool to cold. We are in the mountains with unpredictable weather, even in the summer.

Here is a list of highly recommended items to bring.

SLEEPING BAG and PAD

PILLOW

SMALL RUNNING PACK or VEST (large enough to carry sack lunch, 1.5-2 ltr. bladder, and other miscellaneous items)

**A running pack/vest is strongly recommended. Don't know what we're referring to, just ask.

RUNNING CLOTHES – shorts, tech shirts, long sleeve shirt, jacket, tights or pants, socks, gloves

WARM CLOTHING FOR COOL NIGHTS and AROUND CAMP – sweatshirt, pants, jacket, warm hat, shoes or slippers, gloves, rain jacket

*(Summer weather on the coast can be highly variable. While we don't expect much rain, it's still possible and daily fog along the coastline can make for unexpectedly cool mornings. Please pack with that in mind and bring warm clothing for running.)

SOCKS – A good running synthetic or wool running sock is recommended to prevent blisters

HAT WITH BRIM or BASEBALL CAP (cowboy hat is an added bonus)

SUNGLASSES

RUNNING SHOES

SWIMSUIT & TOWEL

PERSONAL TOILETRY ITEMS (toothpaste, biodegradable shampoo, etc.)

SUNSCREEN and CHAPSTICK

INSECT REPELLENT

DIRTY CLOTHES BAG

HEADLAMP with new batteries (a good lightweight flashlight will work but not recommended)

WATER BOTTLE (1 liter) or BLADDER (1.5-2 liter)

WATER PURIFICATION TABLETS or WATER FILTRATION DEVICE (recommended just in case :)

***Our Trail Maintenance day will require long pants, long sleeves, closed toed shoes, and eye protection. We will provide gloves, hardhats, and tools.

***ATTENTION: Campers who have allergies or have reactions to bee stings must bring appropriate medication and/or bee sting injection kits.

***ATTENTION: Campers who are taking Rx medication(s) must bring in original bottle(s).

*** Enjoy a technology free environment, leave your tech at home. Phones may be used as a camera but a technology free week is encouraged :)