

Ultrarunning Camp Packing List

Lisa and Marshall suggest that each camp participant pack the following items. Remember, we will be doing road runs in the desert, and temperatures can vary from over 100°F during the day, down to the high 60s at night. We will also be doing at least one trail run up a mountain peak (elevation), so it may get cold near the top...we may even encounter a bit of snow!

Running/Workout Clothing and Gear

- Running Shoes (2 pair) - one pair approximately ½ to 1 size larger to allow for foot swelling
- Sunglasses (recommend wrap-around style)
- Baseball hat
- Sun hat, with neck flaps (recommended)
- Warm ski-type hat
- Buff
- Bandana
- Gloves (2 pair) – 1 each lightweight liner, medium weight
- T-shirts, synthetic/Coolmax white (3)
- T-shirts, cotton (2)
- Wool or synthetic t-shirts (2) – 1 each lightweight and medium weight
- Long sleeve, synthetic/Coolmax white lightweight shirts for desert (2)
- Fleece jacket or top (mid-weight)
- Fleece vest (recommended)
- Rain/wind jacket (light-weight, breathable, with hood)
- Shorts or short tights (2-3 pair)
- Tights (2 pair)
- Loose fitting Coolmax white, desert pants
- Rain/Wind pants
- Underwear (recommend Synthetic/Coolmax)
- Socks – liner, ankle height (6 pairs)
- Socks - lightweight (3 pair)
- Socks - medium weight socks (3 pair)
- Socks – medium to heavy-weight wool or polypro (2 pair)
- Water bottles (2-3, preferably with hand holders!)
- Camelback (if preferred)
- Waist belt / fanny pack
- Electrolyte replacement drink mixes (enough for 4 full days of training) and salt/electrolyte tablets
- Gels / Bars (enough for 4 full days of training)
- Snacks
- Headlamp and extra batteries (for night-time run)
- Swimming suit
- Jump rope with 1-pound weight handles

Casual clothing

- Pants
- Shorts
- T-shirts
- Shirts
- Socks
- Warm jacket
- Sleepwear
- Casual hiking boots or shoes
- Sandals

Personal

- Toilet paper for trail
- Baby wipes (optional)
- Hand sanitizer/wipes (optional)
- Toothpaste and brush
- Contacts and saline (if applicable)
- Camera / Batteries
- Notepad or Notebook and Pen
- I pod or walkman (optional)

Medical

- Sunscreen (recommend SPF 30)
- Prescription medications
- Tylenol or Ibuprophen
- Salt/electrolyte tablets
- Lip Balm (with SPF recommended)
- Neosporin
- Bug repellent
- Roloids and/or Maalox
- Imodium (optional)
- Swiss Army Knife
- Ace Bandage
- Second Skin
- Moleskin
- Compeed pads or similar