

Camp Packing List

Lisa and Marshall suggest that each camp participant pack the following items. Remember, we will be doing runs on the mountain trails and on the roads at over 6,500 feet. Temperatures in August typically range from approximately 55 to 80°F each day – with a possibility of snow any time due to the high elevation.

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
- Warm ski-type hat
- Buff
- Bandana
- Gloves (2 pair) – 1 each lightweight liner, medium weight
- T-shirts, synthetic (3)
- Wool or synthetic t-shirts (2) – 1 each lightweight and medium weight
- Long sleeve synthetic/Coolmax lightweight shirts (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)
- Rain/Wind pants
- Underwear (recommend synthetic/Coolmax)
- 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