



TRAIL RUNNING CAMP PACKING LIST

TEMPERATURE RANGE: The temperatures range from 38 to 59 degrees Fahrenheit this time of year.

- **Bedding**
 - Sheet and blanket or sleeping bag
 - Pillow
- **Towel**
- **Toiletries**
 - Soap and shampoo
 - Sunscreen
 - Toothbrush & toothpaste
 - Shower shoes
- **Personal medications**

RUNNING CLOTHES

- ★ **Lower Layers**
 - Shorts or tights - at least 3-4 pair of shorts, tights, capris - vary the lengths and bring at least one pair of tights!
 - Running socks (3 pairs, no cotton)
 - Rain pants (don't need to be expensive - available for \$20 at large retailers)
- ★ **Upper Layers**
 - 4 tops - short-sleeved and long-sleeved (bring a variety - and you'll get some TAPS and Band of Runners gear)
 - 3 sports bras (you can get away with 2)
 - Windbreaker
 - Warm running jacket (any fleece you can run in is fine)
 - Rain jacket

CAMP CLOTHES

★ **Lower Layers**

- Pants
- Warm pants (so you can sit around the camp fire comfortably)
- Underwear and socks (2 pair is recommended)

★ **Upper Layers**

- 2 tops
- Warm jacket (Liza recommends midweight puffy jacket)
- Camp shoes

ITEMS THAT TAPS WILL PROVIDE

- ★ Pen/pencil
- ★ Notebook
- ★ Water bottle

EQUIPMENT

- ★ Watch
- ★ Headlamp or small handheld flashlight
- ★ Extra batteries
- ★ Earplugs
- ★ Camera
- ★ Earplugs
- ★ Sunglasses
- ★ Running hat/visor
- ★ Warm hat
- ★ Gloves
- ★ Running shoes

**STRONGER
EVERY
DAY.**