



WHAT TO BRING CAMP CHECKLIST

- Clothing and foot gear for at least 6 workout sessions
(no laundry will be done while at camp)
- Running Shoes
- Spikes
- Swim suit
- Toiletries and soap
- Towels and washcloths
- Pillow, linens, and blanket
- Water bottle
- Wrist watch
- Sunscreen
- Nutrition bars