

Packing Checklist for Track Camp

MANDATORY

- _____ medical forms
- _____ money for remaining camp balance if you have not paid in full

TOILETRIES

- _____ Toothbrush/toothpaste
- _____ soap/soapdish
- _____ shampoo
- _____ brush/comb
- _____ deodorant

CLOTHING

- _____ socks(running and leisure)
- _____ underwear
- _____ T-shirts/tank tops
- _____ running shorts
- _____ leisure shorts
- _____ raingear(wind suit)
- _____ running shoes(Two pair if possible in case of rain)
- _____ flip flops for shower(Very important)
- _____ long pants/jeans
- _____ sweat pants and sweat tops(Cold nights)
- _____ light jacket
- _____ belt
- _____ bathing suit

LINENS

- _____ bed sheets
- _____ heavy blanket or sleeping bag(Cold nights)
- _____ pillow
- _____ towels
- _____ laundry bag or plastic garbage bag for wet/dirty clothes