



Packing List

Your Athlete **MUST** Bring the Following Items:

- 2 Water bottles or camel back
- Tooth brush, tooth paste
- Clean clothes for the week, including multiple sets of running clothes.
- Running Shoes
- Soap, shampoo, Towel
- Sleeping bag (even on hot days, nights in central Oregon can get cold. We recommend a 3 season sleeping bag)
- Warm Sleeping clothes (sweats work well)
- Bed roll/air mattress and a pillow.
- Headlamp for night running

We Highly Recommend That Your Athlete Brings:

- Sandals for shower
- Bathing suit (for water sports)
- Clothing suitable for rainy weather
- Additional clothing/shoes in case of wet or muddy weather

Your Athlete May Consider Bringing:

- Letter-writing materials (to write home)
- Cards or other non-electronic recreation
- Ear plugs, night mask for easier sleeping

Please Do **NOT** Allow Your Athlete to Bring:

- **Any electronics** (iPod/iPad/laptop/cell phone)
- Food or snacks of any kind (except when special dietary requirements exist)
- Large amounts of cash
- Curling iron or hair straightener
- Lighters, matches, or any other fire starters
- Knives of any type
- Weapons of any kind (guns, tazers, pepper spray, knuckles)
- Tobacco, including vaporizers, Marijuana or illegal drugs of any kind.
- Pornography