

PACKING LIST for Band of Runners Trail Camp November 2018

We're looking forward to meeting you on November 9th!

The temperatures range from the mid-40s to the mid-60s Fahrenheit this time of year.

I've included some notes in the basic packing list below about what I'm planning to bring myself in blue.

Please email or call with any questions that come up for you between now and the 10th. This is going to be an exceptional weekend. We can't wait to begin!

Liza, Alison, Jason, Eliot & Joe

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Liza's phone: (830)719 -9007

- **Bedding**
 - Sheet and blanket or sleeping bag
 - Pillow
- **Towel**
- **Toiletries**
 - Soap and shampoo
 - Sunscreen
 - Toothbrush & toothpaste
 - Shower shoes
- **Personal medications** ([Asthma inhaler for me!](#))
- **Running Clothes**
 - Lower layers
Shorts or tights ([I'll bring 3 pairs of shorts & one pair of tights/leggings](#))
Running socks (3 pairs, no cotton)
Rain pants (You can get a pair for \$20 at Walmart.)
 - Upper layers
4 tops ([I'll bring 3 short sleeve and one long-sleeve.](#))
3 sports bras (You can get away with 2.)
windbreaker
warm running jacket (Any fleece you can run in is fine)
rain jacket
 - Sunglasses
 - Running hat/visor
 - Warm hat
 - Gloves
 - Running shoes
- **Camp clothes**
 - Lower layers
Pants
Warm pants (So you can sit around the camp fire comfortably)

- 2 pairs Underwear
- 2 pairs Socks
- Upper layers
- 2 Tops
- Warm jacket (I'll bring a midweight puffy jacket.)
- Camp shoes

- **Watch**
- **Pen/pencil**
- **Notebook**
- **Headlamp or small handheld flashlight**
- **Extra batteries**
- **Water bottle**
- **Camera**
- **Earplugs!**