

WITHOUT LIMITS YOUTH XC CAMP

Packing Checklist

Check off each item as you pack for camp.

Camper: _____

Packed by: _____

01 Sleeping & Bathing

- ☐ **Sleeping bag or sheets/blanket** for a twin long bed. Pack in a garbage bag for easy packing.
- ☐ Pillow.
- ☐ Shower towel and pool towel.
- ☐ **Toiletries:** soap, shampoo/conditioner, toothbrush/toothpaste, deodorant, hair dryer and other personal items.

02 Clothing & Footwear

- ☐ **6 to 8 sets** of running clothes.
- ☐ **5 sets** of casual clothes.
- ☐ **At least 2 pairs of running shoes** (one set will get wet), plus one pair of casual shoes.
- ☐ More socks than you think you need.
- ☐ Sweatshirts or a jacket.
- ☐ Bathing suit.
- ☐ Flip flops for showers.
- ☐ Pajamas.

03 Everyday Essentials

- ☐ **Wrist watch** - runs are based on time.
- ☐ Water bottle.
- ☐ Small fan for the dorm room.
- ☐ Hand sanitizer.
- ☐ Sunscreen and bug spray.
- ☐ Sunglasses, flashlight or headlamp.
- ☐ Plastic trash bag for wet/dirty clothes.
- ☐ Small backpack or drawstring bag.

04 Travel & Downtime

- ☐ **Cash (\$50-\$100)** for one fast food meal on the trip to camp, one on the return trip, and a possible candy store stop.
- ☐ Camping hammock (locations available to hang one).
- ☐ **Cell phone** - coaches establish usage rules on the first day.
- ☐ **iPod/iPad/tablet** - bedtime only, before lights out.
- ☐ Snacks.
- ☐ Clothes for the camp theme.

Mountain weather: Evening temperatures and cool fronts can bring rain and temperatures in the 40s. Pack warm clothes for on and off the run.

Dorm reminder: Rooms can be warm during the day and cold at night. There is no air conditioning or heat.