

I surveyed both girls and boys coaches and put their packing suggestions together into one list.

Suggested packing list from Mammoth:

PACK LIGHTLY as you will be responsible for carrying your own bags!

Insurance Card (or copy of front and back)

Sleeping bag, if you want one (all runners will have beds and linens, but some will be shared

Queens so some may prefer sleeping bags)

Running Clothes (including light long sleeve running shirt for cold mornings)

Pair of jeans and some light cloths for daytime

Pillows: only if you are allergic to feathers or you have a favorite pillow

Beach towel, swim suit& flip flops

Insect Repellent (Coach Calderon likes bullfrog brand)

Sunscreen

Cheap mittens or gloves (some morning runs are cold and the mitts are discarded along the way with hopes of picking them back up on the return trip, but doesn't always happen!)

Beanie/running cap for early morning runs

Sweatshirt for night times

Garmin and charger, running watch

Water bottle

Toiletries & Personal Items (underwear, any meds needed, vitamins, Advil, chapstick, lotion, Vaseline—it's very dry up there)

A back pack for day trips to lakes etc.

Coins for laundry & \$100 spending money

Cell phone and charger

Camera

Favorite energy bars if particular about what kind they eat (they will be provided with bars, but it may not be the type they like), GU and energy beans for long runs

**SUMMER READING!!**