

~~Rolling duffel bag~~
~~Waterproof?~~
SUSAN G. KOMEN 3-DAY FOR THE CURE™

Friday morning food
 binder clip for rain poncho

address label stickers on things.

Packing Checklist

newspaper

Clothing

in ziplock bags

Bring clothing appropriate for all types of weather—including cold, rain and heat.

- Two pairs of shoes that have been broken in
- T-shirts and shorts
- Waterproof jacket
- Underwear and sports bra
- Two pairs of socks per day
- Sweat pants, long pants *gloves*
- Warm fleece or sweater
- Sleepwear
- Hat or visor
- Shower shoes

Camping Gear

- Sleeping bag, air mattress or pad and pillow (remember, you will be sharing a 6.5'x 6.5' tent) *soaked*
- Plastic sheets or tarp (to keep your tent and gear dry in case of rain) - 1 for top of tent, outside 1 for inside in floor.
- Clothespins (to secure plastic)
- Flashlight and batteries *head light*
- Towel & washcloth (towel service is available for purchase during online check-in for an additional fee of \$12)
- Mylar blankets
- Waist pack with water bottle

First Aid

While we'll have the supplies and crew to tend to any major medical issues on the event, you should bring your own supplies for tending to minor medical and personal problems along the route.

- Any required prescription medications *little zip bags for each day*
- Anti-blister aids *moleskin pre cut*
- Petroleum jelly (e.g., Vaseline®) and foot powder
- Antacid, pain reliever and anti-inflammatory (e.g., ibuprofen)
- Bandages, gauze and tape
- Insect repellent (that contains DEET)
- Disposable plastic bags *12 for wet rain*

Toiletries

- Sunscreen
- Toothpaste and toothbrush
- Moisturizer
- Nail clippers
- Shampoo, conditioner and soap
- Razor
- Small mirror
- Deodorant
- Feminine products

Miscellaneous

- Earplugs
- Battery-operated alarm clock and watch
- Camera
- Decorations for your tent
- Journal, business cards and pens

In Your Waist Pack

- Water bottle (2) *large mouth*
- Identification including confirmation/credentials cut to size, for lanyard
- Money, credit card and medical insurance card
- Sunscreen and lip balm *sweat proof*

Sunglasses

- Bandanas *sweat towel* (to dunk in cold water and place on your head or neck to help keep you cool)

Rain poncho

- Special snacks for medical or dietary needs
- Small first aid kit (made up of items listed in the First Aid section), for personal use *glide/Vaseline?*
- Baby-wipes or antibacterial lotion for washing hands
- Insect repellent (that contains DEET) *cool off wipes*

What Not to Bring

- Valuables or breakables.
- Electrical appliances (hair dryers, cell phone chargers, etc.), as there are no electrical outlets available in camp.
- Headphones or portable music players. For safety reasons, you may not wear headphones while walking.

Sheet pillow

glide

DO NOT DRINK

Large trash bag to hold duffel outside tent

phone mp3 camera? - name

\$ for parking/shuttle/bus - Buy Friday at camp

clips to hold creds up + keep lanyard from pulling on your neck
 deodorant/glide swipe across band of bra