

# WHAT TO BRING LIST

# STEENS MT. RUNNING CAMP

**\*\* Please write your name on all personal gear! \*\***

**SLEEPING BAG** (include a blanket if your sleeping bag will not keep you warm in possible sub 40 degree nights)

**AIR MATTRESS** or **FOAM PAD**

**PILLOW**

**SMALL** (day) **BACK PACK** (large enough to carry sack lunch, 2 qt. size water bottles or 2 ltr. camelback, and other miscellaneous items... Waist strap recommended) **NO STRING OR SPIKE BAGS**

**WORKOUT CLOTHES & SWEATS** (a few changes; yes, it could get cold) NO tank tops or muscle shirts

**RAINGEAR** (so it won't rain), **GLOVES** or **MITTENS** (so it won't snow)

**SHIRTS, PANTS, SHORTS** (to prevent sunburn, please bring light colored shirts that cover your shoulders)

**SOCKS** at least a dozen pair (plan on throwing them away when you get home)

**HAT WITH BRIM** or **BASEBALL CAP** light colored (**REQUIRED WEAR** due to sun) **NO VISORS**

**WORKOUT SHOES** (a couple of pairs) If new, make sure they are broken in!!!

**SWIMSUIT & TOWEL**

**PERSONAL TOILETRY ITEMS** (toothpaste, biodegradable shampoo, etc.)

**SUNSCREEN** and **CHAPSTICK** and **A BIG SMILE**

**INSECT REPELLENT**

**DIRTY CLOTHES BAG** with your name on it

**FLASHLIGHT** or **HEADLAMP** with new batteries

**CUP** (12 oz. for drinking hot and cold liquids)

**WATER BOTTLES** (2 - 32 oz. size) or **CAMELBACK** (2 ltr. or greater)

**WATER PURIFICATION TABLETS** (small bottle) or **WATER FILTRATION DEVICE**

**\*\*\*ATTENTION: Campers who have allergies or have reactions to bee stings must bring appropriate medication and/or bee sting injection kits.**

**\*\*\*ATTENTION: Campers who are taking Rx medication(s) must bring in original bottle(s).**

*A limited number of Steens Mt. Camp designer t-shirts and hooded sweatshirts will be on sale for \$20 - \$55.*

***T-shirt swap:** Bring a running/racing/school t-shirt to swap with a fellow camper. (Harland likes real old ones, he has been known to trade a camp deposit or even a partial camp fee for some early 70's or 80's vintage t-shirts/etc.)*

**\*\*\*PLEASE leave iPods/tablets/cell phones/cell phone cameras at home\*\*\***

***Enjoy a technology free environment :)***

