

What to Bring List



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**

ENERGY BARS / TRAIL FOOD for the Big Day (you'll be on the trail from 7:30am to 4-6pm)

HAND SANITIZER (small travel size) and **MASK** (one or two)

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

ATTENTION: *Camper's 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.)

iPods/tablets/cell phones cannot be used from Burns to camp or anytime during camp

Enjoy a technology free environment :)