

What to Bring for the 2025 Tahoe Running Camp

Mon, July 28th – Sat, Aug 2nd

MARK ALL PERSONAL ITEMS WITH YOUR NAME!

...Please pack in a cloth duffle-pack (no “wheelie” luggage please!) that is easy to pack in tight places! -Make an effort to pack as light as possible!

- ✓ Warm clothes for night/campfire
- ✓ Folding Camp chair (IMPORTANT!)
- ✓ Lamp/Flashlight
- ✓ Sleeping Bag + Sleeping Pad + Pillow
- ✓ Swimsuit(s)
- ✓ Sunscreen/insect repellent
- ✓ 2 pairs of running shoes (just in case a pair gets wet/causing blisters)
- ✓ Water Bottle
- ✓ Shower Shoes
- ✓ 2 towels (1 for the shower, 1 for the lake)
- ✓ Running clothes (bring extra, there will be times you run 2 x a day)
- ✓ Running watch + charger
- ✓ Portable chargers
- ✓ Socks (bring extras!)
- ✓ Bag of personal snacks (like cookies, crackers, available to share)
- ✓ Lotion and chap stick (in the elevation you get dehydrated!)
- ✓ 1 box of your favorite cereal (available to everyone at camp)
- ✓ Your own spoon + fork (marked with your name)
- ✓ Personal toiletries (toothbrush, soap, shampoo, deodorant [please!], etc...)
- ✓ Your personal medical supplies (prescription, inhaler, etc...)

DO NOT BRING ANYTHING THAT WILL ATTRACT BEARS!

EVERY CAMP SITE HAS A BEAR BOX FOR ALL YOUR CEREAL AND “EXTRA” SNACKS

CELL PHONE RECEPTION IS SOMEWHAT LIMITED IN CAMP; LET YOUR FRIENDS AND PARENTS KNOW TEXTING WORKS BEST!

COMMUNITY CAMP SUPPLIES = NONE NEEDED THIS YEAR!

IMPORTANT! -PLEASE PLAN TO CONFIRM WITH GREG DURING ON OUR THURSDAY, JULY 24 PLANNING MEETING YOUR TENT GROUPS; REMINDER, TRY NOT TO GILL YOUR CAMP WITH ALL BFFs! MAKE SURE YOUR TENT HAS THE CAPACITY FOR EVERYONE! (I.E. YOU’LL NEED A 6 PERSON TENT FOR 4 PEOPLE) ALSO GOOD TO BRING A RAIN TARP AND A TARP FOR THE GROUND