

STEENS MT. RUNNING CAMP

What to Bring List

*****PERSONAL EQUIPMENT YOU WILL NEED:**

SLEEPING BAG - (include a blanket if your sleeping bag does not keep you warm)

AIR MATTRESS or **FOAM PAD**

PILLOW

SMALL (Day) BACK PACK (large enough to carry sack lunch, qt. size water bottle, & other miscellaneous items...Waist strap recommended) **BIG** Fanny pack is okay

WORKOUT CLOTHES & SWEATS (a few changes) (Yes, it could get cold.)

RAINGEAR (so it won't rain)

SHIRTS, PANTS, SHORTS (To prevent sunburn, please bring light colored shirts that cover your shoulders. Required wear)

Several Changes of SOCKS (Plan on throwing them away when you get home)

DIRTY CLOTHES BAG

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

FLASHLIGHT (*with new batteries*)

CUP (12 oz for drinking hot and cold liquids)

2 - 32 oz size WATER BOTTLES. Must have water tight cap! (**Pint size is too small**)

Bottle of WATER PURIFICATION TABLETS - Or water filtration device

SWIMSUIT - towel

Light colored HAT or BASEBALL CAP - (**REQUIRED WEAR due to sun**)

PERSONAL TOILETRY items (Toothpaste, /biodegradable shampoo, etc.)

SUN SCREEN and **CHAPSTICK** and **A BIG SMILE**

INSECT REPELLENT

*****We recommend writing your name on all personal gear.**

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

*****ATTENTION: Camp Concessions.** A limited amount of Steens Mt. Camp designer t-shirts, and hooded sweatshirts will be on sale. Prices range from \$20.00 - \$55.00.

***** T-shirts 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/cell phones/cell phone cameras at home. Enjoy a technology free environment.**