

What to Bring for the 2023 Tahoe Running Camp

Wed, August 2nd – Tue, August 8th

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!

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

COMMUNITY CAMP SUPPLIES

(TBD: PLEASE CONFIRM WITH GREG DURING OUR Mon, 7/31/21 PLANNING MEETING WHAT YOU CAN BRING TO MCHS ON Wed, 8/2/21)

- ✓ We'll need ~20-24+ tents total (4-5+ person capacity each); bring to MCHS on 7/31 to sort through; we'll take what we need (+ a few extra)
- ✓ 4 x large propane tanks (for cooking)
- ✓ Tarps = need 25-30 of them (at least 10' by 10')!
- ✓ 1 tray of Brownies (to participate in our cooking contest with prizes!)