



# ULTRARUNNING CAMP PACKING LIST

## RUNNING GEAR & CLOTHING

- |  |   |
|--|---|
| <input type="checkbox"/> SYNTHETIC OR WOOL, WICKING T-SHIRTS             | <input type="checkbox"/> SUNGLASSES   |
| <input type="checkbox"/> SYNTHETIC OR WOOL, WICKING LONG SLEEVE T-SHIRTS | <input type="checkbox"/> HYDRATION PACK/VEST/WAIST BELT                           |
| <input type="checkbox"/> WICKING UNDERWEAR / SPORTS BRA                  | <input type="checkbox"/> WATER BOTTLES  |
| <input type="checkbox"/> RUNNING SHORTS                                  | <input type="checkbox"/> GPS WATCH / HEART RATE MONITOR                           |
| <input type="checkbox"/> BUFF OR BANDANA                                 | <input type="checkbox"/> HAT / VISOR  |
| <input type="checkbox"/> SUN SLEEVES                                     | <input type="checkbox"/> TOILETRIES FOR CLEAN UP BETWEEN RUNS                     |
| <input type="checkbox"/> TRAIL-RUNNING SHOES                             | <input type="checkbox"/> SUNSCREEN  |
| <input type="checkbox"/> RUNNING GAITERS                                 | <input type="checkbox"/> SMALL TOTE BAG TO STORE THINGS IN THE<br>SUPPORT VEHICLE |
| <input type="checkbox"/> RUNNING SOCKS                                   |   |



## COLD WEATHER ITEMS JUST IN CASE

- |   |   |
|---|---|
| <input type="checkbox"/> RUNNING TIGHTS | <input type="checkbox"/> LONG FINGER GLOVES |
| <input type="checkbox"/> RAIN JACKET    | <input type="checkbox"/> INSULATING JACKET  |

## MORE INFORMATION

We will have sport drinks, food, etc. in our support vehicles.

If you have any questions about what to pack or what to look for when purchasing running clothing or supplies, please contact us at 866-355-0645 or [athleteservices@trainright.com](mailto:athleteservices@trainright.com).