

Backpacking gear

Everybody needs:

- Short sleeve shirt
- Mid weight long sleeve
- Mid weight pants
- Fleece Jacket
- Fleece pants
- Nylon Shorts
- Rain Jacket
- Wind/rain pants
- Warm Hat
- Fleece Gloves
- Socks (2pp)
- Underwear (2 pp)
- Sun hat
- Sneakers
- Sandals
- Bowl
- Spoon
- Sleeping pad
- Sleeping bag (+ stuff sack)
- Headlamp
- Water Bottle
- Toothbrush
- Camera
- Backpack

Adults also need:

- 2 Cook Pots with lids
- Stove
- Stirring spoon
- Fuel (buy once there)
- Tent
- Stakes
- Ground Cloth
- Small first aid kit
- Steripen
- Thermos
- Knife
- Sunglasses
- Sports Bra
- Small plastic comb
- Small container face soap
- Small container face oil
- Washcloth
- Dental floss
- Cellphone/camera
- Small LED lantern
- Spices in small bags

Miscellaneous Car Camping supplies

- Car Phone Charger
- Wall phone charger
- Pens
- Small notebook
- Toilet Paper
- Toiletries for showering
- Pair of headphones with splitter
- ipod with uploaded stories
- GPS

Extra gear for race

- Running Shoes
- Compression socks
- Hand held water bottle
- Tailwind
- Gu (8)
- Sodium pills
- Mag-Calm powder
- Aleve
- Garmin watch
- Glide
- Nail clippers
- Nail filing block
- Directions to Race
- Course maps