

What to pack

Clothing and shoes

3 one gallon ziplock bags with:			
socks			
underwear			
shorts			
top			
running shoes			
hat			
calf compression			
sports bra			
...			
...			
running shoes		...	
safety vest			
running jacket			
1 comfortable outfit / track suit			
Running gloves			
sunglasses			
flip flops or other non-running footwear			

Optional safety gear

blinking light	
headlamp	
flashlight	

Other stuff

large beach towell	
water bottle	
glasses/contact lenses	
tooth brush / paste	
sleeping bag or blanket	
spending money!	
deodorant	
drivers license	
health insurance card	
medication	

Optional

travel pillow	
running food (gels, goos, Cliff blocks, etc.)	
phone charging cord	
snacks	
Gatorade	
comb	
sleeping mask	
ear plugs	
body glide	
ear buds	
noisemaker, signs, van décor, etc.	
sunscreen	
lip balm	
Purell	
Roll of toilet paper	

Do not bring more than a duffel. Space will be at a premium.

Each van should coordinate on snacks - the last thing you'll want is for each person to bring enough snacks for themselves plus five other people. That would be roughly six times too much food. At one point, your van WILL want to go to a restaurant...

You may one to plan at least one of your running outfits as high vibility / night time wear If you plan on exiting the van anywhere but a transition area at night, you must have night gear on, including lights!