

# 2018 Mustang XC Camp Checklist



- | Pack                     | Bring                    |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Running Log   |
| <input type="checkbox"/> | <input type="checkbox"/> | Watch   |
| <input type="checkbox"/> | <input type="checkbox"/> | Running Shoes   |
| <input type="checkbox"/> | <input type="checkbox"/> | One snack for the team  |
| <input type="checkbox"/> | <input type="checkbox"/> | Flashlight and/or headlamp  |
| <input type="checkbox"/> | <input type="checkbox"/> | Sunscreen   |
| <input type="checkbox"/> | <input type="checkbox"/> | Bathing suit  |
| <input type="checkbox"/> | <input type="checkbox"/> | Towel (s) (I recommend two!)  |
| <input type="checkbox"/> | <input type="checkbox"/> | Insect repellent  |
| <input type="checkbox"/> | <input type="checkbox"/> | Toiletries (soap, shampoo, washcloth, toothbrush, toothpaste, DEODERANT!!)  |
| <input type="checkbox"/> | <input type="checkbox"/> | Water bottle  |
| <input type="checkbox"/> | <input type="checkbox"/> | Two pairs of comfortable shoes<br>(Running shoes and another pair of comfortable shoes. We don't want to put miles on our running shoes walking around Holiday World) |
| <input type="checkbox"/> | <input type="checkbox"/> | Rain coat   |
| <input type="checkbox"/> | <input type="checkbox"/> | Medication (with a note about how it should be administered)  |
| <input type="checkbox"/> | <input type="checkbox"/> | 3 pairs of socks per day  |
| <input type="checkbox"/> | <input type="checkbox"/> | 2 pairs underwear per day   |
| <input type="checkbox"/> | <input type="checkbox"/> | Running clothes for 7 running sessions (6 are scheduled, that gives 1 extra)  |
| <input type="checkbox"/> | <input type="checkbox"/> | Stuff to wear to Holiday World, or just going out and about (T-shirts, sweatshirts, shorts, one or two pairs of long pants.)  |
| <input type="checkbox"/> | <input type="checkbox"/> | jacket, fleece, long sleeve shirt or sweater (It is Indiana weather!!)  |
| <input type="checkbox"/> | <input type="checkbox"/> | Bedding is provided at the cabins, but if you have a special "blanky" you could bring it.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Duffel bag<br>(Trunks or suitcases are harder to carry and store)   |

## Optional Stuff

- | Pack                     | Bring home               |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Hat  |
| <input type="checkbox"/> | <input type="checkbox"/> | Frisbee  |
| <input type="checkbox"/> | <input type="checkbox"/> | We have AC in the cabins, so Fans and power strips/extension cords are not needed.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Hackey Sack  |
| <input type="checkbox"/> | <input type="checkbox"/> | Football/Basketball/Soccerball,etc.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Camera and film (that last part's a joke, but you guys do know what film is right??) |
| <input type="checkbox"/> | <input type="checkbox"/> | Money for any souvenirs, extra food at Holiday World, etc. that you might want       |

**If you bring any of the following it is at your own risk! They are not necessary and are expensive to replace if lost:**

- |                          |                          |                         |
|--------------------------|--------------------------|-------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | i Pod                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Cell phone              |
| <input type="checkbox"/> | <input type="checkbox"/> | Video or computer games |
| <input type="checkbox"/> | <input type="checkbox"/> | Musical instrument      |

**It is entirely possible (more accurately, likely) that I have failed to include something on this list. Just use your hat rack and think about what things you might need over the course of these few days.**