

Bluegrass Running Camp Packing List

1. Consent Form - You will not be allowed to come to camp if you do not bring your waiver to check in.
2. Linens - twin bed sheet or sleeping bag on the bed, pillow, pillow case, 2-3 towels
3. Running Clothes for 5 days (Recommended 2x outfit per day)
4. Running Shoes (Recommended 2 pairs in case of rain)
5. Swim trunks / swim suit for beach day
6. Regular clothes for 5 days
7. Extra socks
8. Personal Items:
 - Toothbrush • Toothpaste • Soap • Shampoo • Deodorant • Sunscreen • Bug spray • Lysol wipes • Ibuprofen • Band-aids
9. Towels (2-3)
10. Shower shoes/sandals
11. Reusable water bottle – We will have coolers to refill your bottle all day/week.
12. Yoga mat (Optional, if wanted for stretching)
13. Snacks (NO NUTS of any kind allowed)
14. Camp Talent show props
15. Cash for snack bar and camp store (\$50-\$100)
 - We will have snacks, desserts, and bottled drinks on sale in the evening and during free time periods. We will also have a select number of hoodies, running shirts, and hats for sale.

Camp Store:

Under Armour Rival Hoodie: \$50

Under Armour Rush Seamless Shirt: \$40

BGRC Trucker Hat: \$25

Package 1 of each \$100

Various snacks and drinks will be available.