

Bluegrass Running Camp Packing List

- Consent Forms - There are 2 waivers you must have at camp. One from Berea College and one from Bluegrass Running Camp. Both are on our website under the camp forms page. You will not be allowed to come to camp if you do not bring your waiver to check in.
- Blue Jeans for the Johnny the Jet Blue Jean Mile
- Linens - twin bed sheet or sleeping bag on the bed, pillow, pillow case, 2-3 towels
- Running Clothes for 5 days (Recommended 2x outfit per day)
- Running Shoes (Recommended 2 pairs in case of rain)
- Swim trunks / swim suit for water day
- Regular clothes for 5 days
- Extra socks
- Personal Items:
 - Toothbrush • Toothpaste • Soap • Shampoo • Deodorant • Sunscreen • Bug spray • Lysol wipes • Ibuprofen • Band-aids
- Towels (2-3)
- Shower shoes/sandals
- Reusable water bottle – We will have coolers to refill your bottle all day/week.
- Yoga mat (Optional, if wanted for stretching)
- Snacks (NO NUTS of any kind allowed)
- Drinks
- Camp Talent show props
- Cash for snack bar and camp store

• 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:

Various merchandise, snacks and drinks will be available.