

XC Camp Checklist

- Running clothes (a watch is also super helpful)
- 2 pair of running shoes
- Clothes for warm and cool weather
- Swimming suit and towel
- Sleeping bag and/or sheets & pillow
- Toiletries - soap, towels, toothpaste, and toothbrush
- Fan (window/box fan is ideal) NEW RUNNERS NOTE THIS
- Extension cord and/or power strip for the fan
- Bike and bike helmet (you MUST bike with a helmet at all times)
- Bible
- Flashlight
- Snack food (breakfast, lunch, & dinner are provided)
- Games to play during free time
- Signed Emergency & Agreement Forms, ready to be turned in
- Optional: Mug for hot drinks