

What to Bring

- Sleeping Bag
- Pillow
- Toothbrush & Toothpaste
- Soap, Shampoo & Towel
- Facecloth
- Rain Jacket
- Swimwear
- Clothes for all activities (mark your important items)
- Sweater or Coat
- Good Running Shoes
- Water bottle
- Flashlight
- Sunscreen & Bug repellent
- Clearly labelled medications (these will be given to the nurse at registration)

You will also need to bring a bagged lunch for the first day.