

PACKING LIST

CLOTHING - there will be one run each day

- ☐ Socks (4 pairs for running + extra)
- ☐ Running shorts (4)
- ☐ Running shirts (4)
- ☐ Bathing suits (1-2); we plan to go to the lake at least once
- ☐ PJs/sleeping clothes
- ☐ 1 sweatshirt or jacket
- ☐ 1 pair of long pants
- ☐ 3 pairs of casual clothes (nothing new)
- ☐ Underwear

SHOES

- ☐ Running shoes (1-2 pairs)
- ☐ Newspaper - to put in shoes if they get wet
- ☐ Casual Shoes - for non-running or water activities
- ☐ Flip Flops for shower

Remember - we are camping! We will be running on trails, some of which can be muddy so pack things that can get dirty!

OTHER

- ☐ Water Bottle - ABSOLUTE MUST
- ☐ Sheets/blanket for bed (twin style bed, no sheets provided)
- ☐ Pillow
- ☐ Towels/washcloth for showers
- ☐ Blanket and/or towel for warm ups
- ☐ Towel for swimming
- ☐ Toiletries - shampoo, soap, etc.
- ☐ Sunblock
- ☐ Bug Spray
- ☐ Rain gear (just in case)
- ☐ Sunglasses
- ☐ Hat
- ☐ Trash bag(s) for dirty/wet clothes
- ☐ Body glide for chafing
- ☐ Flashlight/Headlamp
- ☐ Camping Chair
- ☐ Small fans (clip on) for cabin/bed
- ☐ Extension cord for fans

DO NOT BRING

- Fireworks • Weapons
- TV or Gaming Devices
- Personal Food Items - this is a NUT FREE facility



CAMPING RULES

- Copley HS Code of Conduct will be enforced.
- Problems will be addressed by the coaching staff.
- No Drugs, Alcohol, Smoking, or Vaping will be allowed.
- No Weapons - guns, knives, etc.
- No student male/female cohabitation will be allowed at ANYTIME.
- Separate wings of the dorm will be used for boys and girls.
- When running the trails, runners are to run with others. They are not to be by themselves at any time.
- All campers must be in camp from dusk to dawn.
- All campers must check in during each meal (breakfast, lunch, dinner) and at the end of each run.
- No students will be allowed to drive during this trip.
- No earbuds outside of the cabins.
- Wake up time will be at 6:30am or earlier.
- Quiet time will begin at 11:00pm. At this time, campers will be in their respective boys and girls wings. They will be in their rooms resting and preparing themselves to run the next morning.

HAVE FUN!

