



## **Lake Ouachita Distance Camp**

### **July 28-Aug 1, 2025**

#### **What to bring:**

1. A positive attitude!
2. Running clothes for 5 days (morning and afternoon workouts)
3. Swimwear
4. At least two pair of comfortable running shoes
5. Refillable water bottle
6. Towel for swimming/bathing
7. Bedding for a twin XL, pillow
8. Toiletries
9. Sunscreen
10. Medicines
11. Casual attire for evenings and lectures

#### **Optional:**

1. Bug spray with tick repellant (ticks and red bugs are bad this time of year!)
2. Swim shoes (the beach area is a little rocky)
3. Rain jacket. In the event of rain, we will still run if it is safe to do so; you may want to a rain jacket for getting around camp.

#### **What NOT to bring:**

1. Drugs, alcohol, tobacco, or vaping products
2. Weapons of any kind including knives
3. Video game systems (unplug and enjoy the camp experience!)
4. Large items (don't pack your scuba gear and a kayak!)