



WINTER TRAINING TRIP 2019 PACKING LIST: **LABEL YOUR STUFF!**

ZIPLOC BAGS WILL BE LOADED ON THE TRAILER THE NIGHT BEFORE AND WILL NOT BE AVAILABLE UNTIL ARRIVAL!

Pack in **ONE** 20 gal ZIPLOC bag and **ONE** 10 gal ZIPLOC bag. **LABEL YOUR STUFF!**

WEATHER: plan for similar temps/conditions to Head of the Fish, but also warmer

Workout Clothes

- 3 SETS of workout clothes for on-water training (athletic shorts, short sleeve t-shirts or tops)
 - One to wear
 - One in laundry
 - One to change into
- Long sleeved workout tech fabric shirt
- Spandex shorts/pants
- Warm jacket
- Rain poncho/raincoat
- 2 sweatshirts/hoodies
- Running shoes
- Socks: at least 10 pairs
- Warm hat/cap
- Rain boots/dock shoes/flip-flops/slides

Off-Water Clothes

- Pajamas/sleepwear
- 1 or 2 pr jeans/pants
- 1 pair regular shorts
- 2 casual shirts/tops
- Closed toe shoes for trip to Charleston, other activities
- Underwear: at least 10 pr
- Girls: any bras that have hook closures that will need washing require a separate lingerie bag (labeled) to use in laundry. Or you may handwash.

- Flip-flops or other shower shoes -- must use in bathrooms!
- Personal items: USE TRAVEL SIZES FOR LIQUID ITEMS PLEASE!**
 - Toothbrush, toothpaste
 - Shampoo/Conditioner
 - Liquid Body Wash (please avoid bar soaps)
 - Deodorant
 - Other personal care items: skin care, feminine needs, contact lens case/solutions, dental floss, nail clippers/file, comb/brush, etc.

Bedding and Towels

- Sleeping bag OR twin sheets and comforter/blanket
- Pillow, pillowcase
- 1 or 2 bath towels (regular size, please, not bath sheet size)
- Washcloth

Other REQUIRED Items

- Spending Money
 - Meals on travel down (team will cover return trip food)
 - Souvenirs: Camp Cooper (approx price) t-shirts \$15, water bottles \$8)
 - Charleston day trip
- Reusable water bottle
- Small daypack for essentials in vans
- SUNSCREEN**
- Sunglasses**
- Chapstick with SPF**
- Identification in case of emergency (Driver's license, permit, student ID)**
- 2 small mesh laundry bags **LABELED**

Optional Items (but must fit in ZIPLOC bags or daypack in van)

- Small flashlight
- Cell phone and charger
- Paper/pencils/pens
- Card games/books/magazines
- Bug Spray
- Band-aids, athletic tape (team will bring small supply)

LABEL YOUR STUFF!

PACK ESSENTIAL TRAVEL ITEMS (Identification, money, phones/chargers and any medications) **in your daypack** and bring to the departure site. **DO NOT PACK THESE ITEMS IN YOUR LUGGAGE!** You must have them on your person to depart.