

CAPE COD XC RUNNING CAMP

WHAT TO BRING TO CAMP-TOP 20

1. 2 pairs of running shoes
2. Running shorts/socks/tops for the week
3. Slacks, shorts, shirts for the week
4. Underwear & socks for the week
5. Sweatshirt or sweater & rainwear
6. Towels for bathing & for the Beach.
7. Medium towel used for stretching
8. Twin size sheets & blankets or sleeping bag, pillow & pillow case
9. Bathing Suit
10. Sandals/flip-flops
11. Toiletries
12. Insect Repellent
13. Sunscreen
14. Purell Hand Sanitizer
15. Flashlight
16. Snacks for the week
17. Water Bottle
18. Medications
19. Expense money for Ice Cream and shopping.
20. Cell Phone + Charger



*From Runner's World Magazine:

[An Insider's Guide to Running Camp](#)

<https://www.runnersworld.com/advanced/a20798904/an-insiders-guide-to-running-camp/>