

## Ultimook Running Camp

### List of Things to Bring:

- Sleeping Bag, Air Mattress/Foam Pad, and Pillow
- Workout Clothes and Sweats—enough for 6 days of running
- Two Pairs of Running Shoes
- Socks (2 pairs per day)
- Shirts, Pants, Shorts, and Underwear
- Warm Clothes—jacket, sweatshirt, hat, warm pants, and raingear (it can be cool and moist on the Oregon Coast in the summer)
- Bathing Suit and Towel(s)
- Sandals/Flip Flops for (plenty of time at the river and beach)
- Personal Toiletries
- Insect Repellent
- Flashlight (with new batteries)
- 2 Water Bottles (32 oz each) or Camel Pack and Cup (for drinking hot and cold liquids)
- Small Backpack
- Dirty Clothes Bag
- “Post-run” snacks, energy bars, etc.

\*Notice: We will be spending a lot of time at various beaches along the Coast. It can be relatively cool compared to what you are used to. Please bring plenty of warm clothes.