

SEMINOLE TRAILS RUNNING CAMP

WHAT TO BRING TO CAMP

June 24th-28th, 2023

- Copy of insurance card
- Injury & Illness waiver signed
- Water & Towel to every run!
- Cash (\$40-\$80) - for camp store that will be open to buy food, candy, and drinks in the evenings at the dorms, as well as money for the arcade/fun center / bowling.
- Sleeping items – Bedding, sleeping bag, pillow, favorite stuffed animal, etc.
- Toiletries – Toothbrush, comb, shower supplies, towel, etc.
- 1-2 Pairs of running shoes
- Running/workout clothes - enough for 5 days
- Socks (2 pairs per day)
- Swimsuit & beach towel
- Sandals/flip flops
- Small backpack or string bag
- Water bottle
- Wristwatch
- Sunglasses
- Sunscreen
- Bug spray
- Snacks that you might want – we will provide meals, but not snacks.