

# Seminole Trails Winter Elite Distance Camp

## What to bring

- Copy of insurance card
- Signed injury & illness waiver
- Water Bottle & Towel to every run!
- Cash (\$30-40 for camp store + evening activities)
- Toiletries (Toothbrush, shower supplies)
- Running shoes
- Running/workout clothes for 4 days
- Socks (Two Pairs per day)
- Swimsuit
- Sandals/Flip Flops
- Small backpack/string bag
- Wristwatch
- Snacks you may want