

CTC 2022 PACKING LIST

CLOTHING

- ◇ Face / head covering
- ◇ Two sets of running / walking / rucking shoes
- ◇ Rain Jacket
- ◇ Wind Breaker
- ◇ Warm-ups
- ◇ Swimsuit or trunks (finish line beach party anyone?)
- ◇ Favorite post-race flops or crocs (or just go barefoot)
- ◇ Two (2) reflective vests per team
- ◇ Two (2) flashlights or headlamps per team
- ◇ Spare running shoes
- ◇ Bandana (expect some dust on legs 7 and 8)
- ◇ Sunglasses, glasses, contact lens solution
- ◇ Running GPS or other watch

EQUIPMENT

- ◇ Two (2) LED flashers
- ◇ Large full water jugs to refill water bottles
- ◇ Reusable water bottles
- ◇ Bags to sort recycling from landfill bound waste
- ◇ Ziploc bags for wet clothes
- ◇ Scotch tape (to tape team numbers to van windows)
- ◇ Shoe Polish (to decorate those team vehicles!)

TOILETRIES

- ◇ Towel, washcloth
- ◇ Toiletries
- ◇ Sunscreen Bug Spray
- ◇ Handi Wipes

ACCESSORIES

- ◇ Earplugs
- ◇ First aid kits (blister/band aids, Icy Hot, aspirin, antacids) and instant ice packs
- ◇ Safety pins
- ◇ Cell phone and chargers
- ◇ Food / snacks
- ◇ Cash / credit card / photo ID
- ◇ Outside the ear audio headset / speakers

