HTC/PTC 2022 PACKING LIST

CLOTHING
■ Three sets of running clothes
■ Running shoes
■ Warm-ups
■ Swimsuit/trunks
■ Two (2) reflective vests per team
■ Two (2) flashlights or headlamps per team
■ Spare running shoes, sandals
■ Spare shoe laces
■ Running gloves
■ Bandana (dusty/gravel legs 19-21)
■ 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 plastic bags for wet clothes
■ Scotch tape (to tape team numbers to van windows)

TOILETRIES
■ Towel, washcloth (shampoo, hairbrush)
■ Toiletries
■ Toothbrush/toothpaste
■ Antiperspirant
■ Sunscreen
■ Bug spray
■ Handi Wipes, antibacterial, hand sanitizer

ACCESSORIES
■ Earplugs
■ First aid (blister/band aids, Icy Hot, aspirin, antacids)
■ Instant ice packs, Ace Bandages
■ Cell phone and charger
■ Sleeping bag/small pillow
■ Food/snacks
■ Cash/credit card/photo ID
■ Outside the ear audio/speakers
■ Safety pins