HTC/PTC 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/conditioner
- Toothbrush/toothpaste
- Antiperspirant
- Sunscreen/Bug spray
- Handi Wipes, antibacterial, hand sanitizer

ACCESSORIES

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