

# WALKER PACKING LIST

## Your gear bag should be:

- 35 lbs. or less
- One piece, including sleeping bag (inside or securely fastened to the outside)
- Labeled with your name, Participant ID#, tent address and cell phone number
- Marked with something to help you pick it out of a crowd
- Ideally a duffel bag; wheels, if any, should be sturdy enough to handle grass or gravel
- NOT a trash bag
- NOT fastened with bungee cords

Crew members will transport your gear bag from the Opening Ceremony to camp, and from camp to the Closing Ceremony. Just pick it up from the gear truck that matches your tent address. If you're not sleeping at camp, Gear Truck Z will transport your gear during the event.

## Night before:

- Charge your phone
- Print your credential and set out (near your clothes or waist pack is a great place)
- Be sure your waist pack is stocked with everything you need (extra socks, chapstick, etc.)
- Check shuttle times (if you're staying at the host hotel)
- Plan for a morning snack/breakfast (snacks will be available at the Opening Ceremony site)
- Don't forget your water bottle

Please note that the Susan G. Komen 3-Day® is not responsible for personal items brought to the Komen 3-Day. You are discouraged from bringing items of value, including jewelry, expensive cameras and personal electronics (e.g., iPods®) on the event. There will be limited availability to phone charging stations at camp on a first-come, first-served basis. There will also be a few hairdryers available in the shower area for your use.



# PACKING CHECKLIST:



## Clothing

Bring clothing appropriate for all types of weather—including cold, rain and heat. Pack everything inside sealable plastic freezer bags within your gear bag—it will help keep things dry in the event of rain or heavy dew.

- Two pairs of shoes that have been broken in
- T-shirts and shorts
- Waterproof jacket
- Underwear and sports bra
- Two pairs of socks per day
- Sweat pants, long pants
- Warm fleece or sweater
- Sleepwear
- Hat or visor
- Shower shoes

## Camping Gear

(remember, you will be sharing a 6.5'x 6.5' tent)

\*Items marked with an asterisk are required only for those events where you will be camping outdoors. Check the Event Info page in your Participant Center for more details.

- Sleeping bag and pillow
- Air mattress or camping pad. One full or two twin air mattresses will fit in your tent.
- Plastic sheets or tarp (to keep your tent and gear dry in case of rain) \*
- Clothespins (to secure plastic) \*
- Flashlight and batteries
- Towel and washcloth (towel service is available for an additional fee – you may purchase it during online check-in)
- Mylar blankets
- Waist pack with water bottle
- Reusable cup or plastic mug
- Earplugs (particularly important if your camp is indoors)
- Battery-operated alarm clock and watch
- Decorations for your tent (for the tent decorating contest!)

## First Aid

While we'll have the supplies and Medical Crew to tend to any major medical issues on the event, you should bring your own supplies for tending to minor medical and personal problems along the route.

- Any required prescription medications
- Anti-blister aids
- Petroleum jelly (e.g., Vaseline®) and foot powder
- Antacid, pain reliever and anti-inflammatory (e.g., Ibuprofen)
- Bandages, gauze and tape
- Insect repellent (that contains DEET)
- Disposable plastic bags

## Toiletries

- Sunscreen
- Toothpaste and toothbrush
- Moisturizer
- Nail clippers
- Shampoo, conditioner and soap
- Razor
- Small mirror
- Deodorant
- Feminine products

## Miscellaneous

- Camera
- Credential (lanyard and pocket if you have one)
- Journal, business cards and pens
- Pink Ribbon Banking card (show it at the Bank of America Extra Mile hospitality area in camp to receive extra pampering, including a hands-on massage)

## In Your Waist Pack

Plan to carry these items with you each day.

- Water bottle – We will provide water and sports drink in large dispensers, not in individual bottles, so you must bring your own water bottle. Wide-mouth bottles will be easier to refill.
- Camera
- Business cards
- Pink Ribbon Banking card (show it at the Bank of America Extra Mile hospitality area in camp to receive extra pampering, including a hands-on massage)
- Identification
- Money, credit card and medical insurance card
- Sunscreen and lip balm
- Sunglasses
- Bandanas (to dunk in cold water and place on your head or neck to help keep you cool)
- Rain poncho
- Special snacks for medical or dietary needs
- Small first aid kit (made up of items listed in the First Aid section), for personal use
- Baby-wipes or antibacterial lotion for washing hands
- Insect repellent (that contains DEET)

## What Not to Bring

- Donations
- Valuables or breakables
- Electrical appliances, as there are no electrical outlets available in camp. There will be limited availability to phone charging stations at camp on a first-come, first-served basis. There will also be a few hairdryers available in the shower area for your use.
- Camp chairs, tent stakes, cots or anything that could pierce the camp ground (if camping outdoors)
- Headphones or portable music players. For safety reasons you may not wear headphones while walking.