

# 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, face covering, chapstick, etc.)
- Check shuttle times (if you're staying at the host hotel)
- Plan for a morning snack/breakfast (limited pit stop snacks (i.e., string cheese, carrots, chips) will be available at the Opening Ceremony site, please plan accordingly)
- Don't forget your 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.

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., iPads®) 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 towels and a few hairdryers available in the shower area for your use.



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# 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
- Face covering\*  
*\*It is required you have a face mask with you at the 3-Day at all times.*

## Camping Gear

(Remember, you will be in a 6.5'x 6.5' tent)

- 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)
- Headlamp or flashlight and batteries
- Mylar blankets
- Reusable cup or plastic mug
- Earplugs
- Battery-operated alarm clock and watch
- Decorations for your tent (you could earn a "Tent Flair" legacy pin!)

## 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 medical concerns 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
- Hand sanitizer
- Razor
- Small mirror
- Deodorant
- Feminine products

## Miscellaneous

- Smart phone
- Credential
- Journal, business cards and pens

## In Your Waist Pack

Plan to carry these items with you each day.

- Face covering\*  
*\*It is required you have a face mask with you at the 3-Day at all times.*
- Water bottle
- Camera
- Business cards
- Identification
- Money, credit card and medical insurance card
- Sunscreen and lip balm
- Sunglasses
- Rain poncho
- Special snacks for medical or dietary needs (contact your coach if you have special dietary needs that require you to bring your own lunch)
- Small first aid kit (made up of items listed in the First Aid section), for personal use
- Hand sanitizer 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
- Headphones or portable music players. For safety reasons you may not wear headphones while walking.

# 20-MILE WALKER PACKING LIST



If you are not spending Saturday at camp, you will be carrying all of your belongings with you while walking. We recommend a waist pack or something that evenly distributes the weight, so as not to disrupt your walking stride.

## Packing Checklist

- Clothing appropriate for the weather—including cold, rain and heat (if called for in the forecast)
- Comfortable walking shoes that have been broken in
- Face covering\*  
*\*It is required you have a face mask with you at the 3-Day at all times.*
- An extra pair of socks to change into midday
- Fleece or rain poncho (depending on the weather forecast)
- Hat or visor
- Sunglasses
- Waist pack
- 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.
- Credential, if you have completed online check-in
- Identification
- Money, credit card and medical insurance card
- Portable cell phone charger (that doesn't need to be plugged in)
- Sunscreen and lip balm
- Special snacks for medical or dietary needs (contact your coach if you have special dietary needs that require you to bring your own lunch)
- Baby-wipes or antibacterial lotion for washing hands
- Small first aid kit (made up of items listed in the First Aid section), for personal use
- Completed waivers and forms for those who need to finish check-in

## First Aid

While we'll have the supplies and 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

## If You Plan to Camp on Saturday Night:

- Sleeping bag and pillow
- Air mattress. 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
- Mylar blankets
- Reusable cup or plastic mug
- Earplugs
- Decorations for your tent

## What **Not** to Bring

- Donations
- Valuables or breakables
- Headphones or portable music players. For safety reasons you may not wear headphones while walking.

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., iPads®) on the event.

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