

20-MILE WALKER HOTEL PACKING LIST



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
- 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
- Bandanas (to dunk in cold water and place on your head or neck to help keep you cool)
- 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

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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