

# HOTEL PACKING CHECKLIST:



## Your gear bag should be:

- One piece, 35 lbs or less
- Labeled with your name, Participant ID#, gear truck assignment (printed on your credential) and cell phone number
- Marked with something to help you pick it out of a crowd
- NOT a trash bag
- NOT fastened with bungee cords

## 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.)
- Plan for a morning snack/breakfast
- Don't forget your water bottle

## Clothing

Bring clothing appropriate for all types of weather—including cold, rain and heat.

- 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

## 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
- Razor
- Deodorant
- Feminine products

## Miscellaneous

- Camera
- Credential
- 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 priority access to massage chairs)

## In Your 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.
- Camera
- Business cards
- Pink Ribbon Banking card (show it at the Bank of America Extra Mile hospitality area to receive extra pampering, including priority access to massage chairs)
- 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
- 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.