

3-DAY PACKING LIST

YOUR GEAR BAG SHOULD BE:

- ☐ 35 lbs. or less
- ☐ Labeled with your name, Participant ID# 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

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

TOILETRIES:

- ☐ Sunscreen
- ☐ Toothpaste and toothbrush
- ☐ Moisturizer
- ☐ Nail clippers
- ☐ Shampoo, conditioner and soap
- ☐ Hand sanitizer
- ☐ Razor
- ☐ Small mirror
- ☐ Deodorant
- ☐ Brush/Comb

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

MISCELLANEOUS:

- ☐ Camera/Smart Phone and Charger
- ☐ Credentials
- ☐ Journal, Business Cards and Pens
- ☐ Pink Ribbon Banking card (show it at the Bank of America Massage area to receive a special gift in camp)

WHAT NOT TO BRING:

- ☐ Donations
- ☐ Valuables or breakables
- ☐ Headphones or portable music players. For safety reasons you may not wear headphones while walking. If you need to use your phone, stop and step to the side first.

susan g. komen
3-Day

Presented by:
BANK OF AMERICA

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) to the event.

3-DAY PACKING LIST

NIGHT BEFORE:

- ☐ Charge your phone
- ☐ Your credentials 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 (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.

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
- ☐ 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 meals)
- ☐ Small first aid kit (made up of items listed in the First Aid section), for personal use
- ☐ Wet wipes, hand sanitizer or antibacterial lotion for washing hands
- ☐ Insect repellent (that contains DEET)



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3-DAY PACKING LIST – ONE DAY WALKER

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
- ☐ Special snacks for medical or dietary needs (contact your coach if you have special dietary needs that require you to bring your own lunch)
- ☐ Wet wipes, hand sanitizer or antibacterial lotion for washing hands
- ☐ Small first aid kit (made up of items listed in the First Aid section), for personal use

WHAT NOT TO BRING

- ☐ Donations
- ☐ Valuables or breakables
- ☐ 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. If you need to use your phone, stop and step to the side first.

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



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