

HOTEL PACKING CHECKLIST:



Your gear bag should be:

- One piece, 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

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
- Deodorant
- Brush/Comb

Miscellaneous

- Camera/Smart Phone and charger
- Credential
- 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)

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.
- Identification
- Money, credit card and medical insurance card
- Sunscreen and lip balm
- Sunglasses
- 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. If you need to use your phone, stop and step to the side first.

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.

1-DAY 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
- 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

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. If you need to use your phone, stop and step to the side first.

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