



## **Participants in the run for 1 week to 3 weeks**

### **SUGGESTED LIST OF ITEMS TO PACK**

- (1) Bag
- (2) Run Shirts
- (1) Track Suit
- (2) Running Shoes
- (5) Socks
- (5) Underwear
- (1) Towel
- (2) Face Towel
- (1) Rain Jacket
- (2) Non Run Shirt
- (2) Non Run Pants – blue or try to match track suit
- Night Clothes
- Toiletries: Toothbrush, Toothpaste, Deodorant, Hair Comb.

#### Optional

- (1) Hat (to cover head)
- Sunglasses
- Sunscreen

\*All items should fit into one bag.

Do not bring suitcases and any oversize bags. The size of the bag should be similar in size to that shown from the GGSCF.

Money – you may bring spending money but you will not need any money for accommodations, transportation, food etc.