

Stroudsburg Cross Country
“Suggested Camp List”

Sleeping Bag / Blankets	Socks (at least 14 pairs)
Pillow	Running Shoes (2 pair in case it rains)
Blanket	Sheets (Twin Bed)
Towels (shower and pool)	Shorts
T-shirts	Toothbrush & Paste
Soap	Jacket - waterproof
Flip Flops (for shower)	Flashlight
Shampoo/Conditioner	Bathing Suit
Shaving Gear	Underwear/Sports Tops
Brush/Comb	Scrunchies/Rubber Bands (Girls)
Misc. Toiletries	Sweatshirts & Pants
Garbage Bag (for wet clothes if it rains)	Long Sleeve Shirts
Sunscreen	Bug-spray
Pajamas/Sleepwear	Jeans
Softball Glove	Laundry Bag

Money for canteen, traveling running company with deals (Super Runner) or pizza after dinner hours

- Summer HW for down time if you want to get it done for when school starts. During down time you might want cards or games.
- All meals will be provided. If you are a picky eater bring a box of cereal and things such as peanut butter and jelly or granola bars.
- Leave all valuables at home.
- You should bring any snacks you might want outside of meal time. You may bring water bottles to keep hydrated for after you run or a water bottle that you can constantly refill with water on site, fresh cold spring water available at all times.