

# 2011 Wide Open Cross Country Camp

## What to Bring to Camp:

- Running shoes (two pairs recommended)
- Regular shoes (to wear when not running)
- T-shirts
- Exercise shorts
- Casual clothing (to wear when not running)
- Warm clothes (for cooler evenings)
- Socks (lots of socks)
- Underwear
- Linens (sheets or sleeping bag and pillow(s))
- Bathing suit
- Towels (at least two)
- Toiletries (toothpaste, toothbrush, deodorant, lotion, etc.)
- Shower stuff (shampoo, soap, conditioner, etc.)
- Sunscreen, sunglasses, hat, chapstick
- Money for snacks (\$10-\$20)
- Sleep clothes
- Laundry bag
- Notebook and pens
- Water bottle
- Sandals/shower shoes
- Runner's watch

## Optional Items:

- Hairdryer
- Camera
- Stamps
- Laundry detergent (coin operated laundry facilities are available; you will need money to use the machines)
- Snacks
- iPod or personal music devices (cannot be used while running)

## **What NOT to Bring to Camp:**

- No alcohol, drugs, or tobacco products. You will be sent home with no refund for use or possession.
- No electronic game devices
- No expensive valuables including jewelry, watches, or other belongings. UDC Sports assumes no responsibility for lost or stolen items.
- No laptops
- No music system speakers
- No pets
- No fireworks
- No clothing, pictures, books, or articles with obscene or suggestive articles/pictures
- No guns, firearms, or other weapons

## **General Rules:**

- All car keys of individuals who drive themselves to camp will be turned into the Camp Director and returned at the end of camp
- No profanity
- No swimming after dark
- No swimming without the presence of a counselor
- Guys will not be allowed in girls sleeping area and vice versa.

We will go over more specific rules at the beginning of camp. The staff and I are excited about you attending camp. You will spend a week training hard, learning about running, and having fun. We ask that you show up with a positive and excited attitude. All rules are setup to ensure your safety and that everyone has a fun week of training and learning while in the beautiful Blue Ridge Mountains.

We look forward to seeing you on August 1<sup>st</sup>.

Until then... happy and healthy training.

Taylor Narewski  
Camp Director  
Wide Open Camps and Clinics  
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