



TIMBER24

Packing List

CLOTHING

- Trail Running shoes
(and insoles if required)
- Team Shirts
- Running shirt/tank
- Running shorts/compression shorts
- Running socks X3
- Underwear/Sports Bra X3
- Post-run shirt
- Long sleeve technical layer
- Sweatpants
- Light Jacket/raincoat
- Warm hoodie/jacket
- Compression socks/sleeves
- Running hat/headband
- Flip flops
- Running belt
- Waterproof shoes/boots
- Costumes/accessories

FOOD

- Water (bottle refill station
for small bottles only)
- Energy Gels/chews
- Snacks, meals
- Ice
 - * Trails End Café will be open
most of the event
 - * Skratch will be on-site for
electrolyte giveaways

CAMPING GEAR

- Two 4-person tents
- Rain Fly
- Camping table/chairs
- Lantern
- Sleeping Bag
- Sleeping pad
- Cooler
- Camping stove
- Site Decorations
- Reusable water bottle
- Insulated Coffee cup
- Yoga mat
- Dishes/utensils

ACCESSORIES

- SmartPhone
- Back up battery charger
- Sunglasses
- Cowbells/noisemakers
- Headphones
- GPS running watch
- Portable massage roller
- Headlamp
- Hand flashlight
- Trash bags
- First Aid kit

TOILETRIES

- Deodorant
- Sunscreen
- Bug Spray
- Hair ties/headband
- Brush/comb
- Toothbrush
- Toothpaste
- Blister protection
- Pain reliever (Ibuprofen/
Acetaminophen)
- Extra toilet paper