

# WHAT TO BRING TO MAMMOTH

When going to CDS Mammoth Running Camp, though it is always a great time and full of fun things to do, it is important to remember our purpose when packing our bags.

**Athletes are allowed 1 large duffel bag with all their clothes and supplies as well as one small shoe bag to carry on their person while we travel to and from Mammoth. (Coin Operated Washers and Dryers are available at the Condos)**

## Necessities

- Medications ( Must be given to Coach Brandon or Parent Wendy Cadima)
- Clothes in your TEAM COLOR (Talk to Coach Brandon if you have questions on this) Your teams will be posted soon.
- A few dollars in Quarters to do Laundry
- \$20-\$30 cash to purchase food and other snacks on the way to and from Mammoth.
- \$8 may be used to enter Devil's Postpile National Monument. Additional Cash if they would like to purchase any souvenirs at the Mammoth Shops. We would not recommend more than \$100.
- Running shoes (2 pairs are recommended as 1 may get wet)
- Lots of running shirts and shorts
- Underwear
- Several pairs of running socks
- Sweatpants and Sweatshirt (That you can run in)
- Gloves (That you can run in)
- A warm jacket
- Toothpaste and Toothbrush
- Hair Brush if needed
- Deodorant
- Chapstick
- Sunblock
- Beach Towel ( We go kayaking as well and ice down in the stream )
- Blow Dryer (Please communicate with teammates as only a few are needed.)
- Sandals
- Swimsuits
- Hats & sunglasses
- Small running bag to take on the runs
- Refillable water flask

## Optional

- A couple non running outfits
- iPod or Cell Phones & chargers for devices( Must have headphones )
- 1 Pillow & sleeping bag
- Watch for running purposes
- Snacks
- Cards games