



ITEMS TO BRING

Team

- Method of travel (2 vehicles per team – many rent large vans (no RVs))
- Food (or \$ to buy food), snacks, hydration, etc.
- Sleeping bag, Pillow, or whatever you need for your plan to sleep a little
- An absolute MINIMUM of 2 flashlights or headlamps (newer lights that illuminate from the belt is OK). A strong LED grade is preferable. During the night (between sunset and sundown), all runners are required to carry a working flashlight. **These are required at check in.**
- Consider a First Aid kit (or maybe even 1 per van). Exchanges also have a small kit with band aids, etc. Also, if someone sustains an injury, it would be good to have ice / cooler available (RICE – rest, ice, compression, elevation). Finally, the Medic vehicle on the course is available.
- Consider LED blinking lights to wear to enhance visibility at night.
- A MINIMUM of 2 reflective vests (or belts). **These are required at check in.** Most teams bring many more cause sharing and making sure everyone wears them at night can be more of a hassle if there are only a couple.
- If a team is a masters or veteran team, team members need to bring IDs in case they are checked/verified at check-in.
- Cooler with ice (recommended in case someone sustains an injury that requires RICE - rest, ice, compression, elevation)
- Maps (not just race maps, but Texas and Houston Road Maps could be helpful as well)
- Some teams like to bring baby wipes or towels to “clean up” with after runs. Also, the showers at the Wallis High School do not have towels available.
- Cell phones

Individual

- Any extras of the required items that an individual may want to bring (like reflective vest, flashlight, LED blinky, etc.)
- Phone
- Camera
- Hat or visor to mitigate glare of oncoming traffic
- Clothes to run in weather as cool as 40deg and as warm as 80, even in rain potentially.
- Change of shoes (many like Birkenstock sandals)
- Plastic bags for damp clothing, etc.
- Though there hasn't been a mean looking barking dog in a while, a dog deterrent is not out of the question.
- Pillow, toiletries, toilet paper (though every team is provided with 4 rolls), sunscreen, sunglasses, music, etc, etc
- Water bottle