

## **Uncle Pierogi's Fun-time Jamboree Packing list for LKN's Basin Run Relay**

Hi there. If you're reading this then you probably signed up for the premiere running event in the Lake Norman Basin. It will be fun.

Here are a few items to remember to bring to ensure maximum fun thresholds:

- Duffle bag
- Three sets of running clothes
- Running shoes (2)
- Dry Shoes or Flip Flops
- Sun Glasses
- Hat
- Sunscreen
- Sweats, Causal Clothes
- Watch, preferably with a timer
- Cell phone
- Camera/film
- Prescriptions
- water bottle or fuel belt with your own goo
- Sense of humor
- Towel
- Pillow / Blanket
- Favorite CD's or Ipod
- Toiletries / Hygiene Products
- Body Glide or chafe preventing product
- Cash (preferably small denominations)
- Duffle bag
- Three sets of running clothes
- Running shoes (2)
- Dry Shoes or Flip Flops
- Sun Glasses
- Hat
- Sunscreen
- Sweats, Causal Clothes
- Watch, preferably with a timer
- Cell phone
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- water bottle or fuel belt with your own goo
- Sense of humor
- Towel
- Pillow / Blanket
- Favorite CD's or Ipod
- Toiletries / Hygiene Products
- Body Glide or chafe preventing product
- Cash in small denominations
- Gallon sized or greater jar of dill pickles
- Head light
- Reflective Vest
- Red blinking light
- Maps / Directions / Cue sheets for each leg
- Coolers (Ice, Gatorade, Water, coke)
- Snacks (trail mix, chips, candy bars, meat sticks, crackers, gummys)
- Large Ziploc bags for wet clothes
- Baby wipes
- garbage bags
- First aid (Tums, immodium, band-aids, blister-gels, ice packs)