Shadow Day Packing List

**Physical Training:**
Athletic clothing (t-shirt, shorts, running shoes, water bottle, sweatpants, sweatshirts, beanie, gloves, running shoes, hair ties, sports bra)
Water bottle (source of water)

**Leadership Laboratory:**
Polo shirt (Navy or Black, but specific color not required), jeans or slacks (bring what you have, don’t spend extra money)

**Additional Items:**
Comfortable clothing for weather (2 days’ worth)
Linens or Sleeping Bag and Pillow
Toiletries (toothbrush, toothpaste, soap, feminine products) w/ towel and shower shoes (sandals)
Notebook
Pen/pencil
$50 cash for spending money or for extra food

**Rain or Cold Weather Mitigation:**
Raincoat or rain jacket
Cold Weather Coat (anticipate the temperature to be 10 to low 30s)
Warm Gloves
Boots (if available, don’t spend extra money)
Wool socks (if available, don’t spend extra money)