

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
- Warm Gloves
- Boots (if available, don't spend extra money)
- Wool socks (if available, don't spend extra money)