

**2019  
FCC Wyalusing Camp  
General Information**

We will be staying at the Hugh Harper Indoor Group Camp at Wyalusing State Park. It is a very nice facility with four bunk houses (dorms) that sleep 27 people each (the dorms have two bathrooms each with showers, hot/cold water etc.), a main hall with a fully equipped kitchen, a dining hall, and a meeting room. There is no air conditioning and the bunks are just that - bunks. Therefore campers must supply their own bedding. We will not be camping under the stars.

The overnight field trip form and \$50.00 needs to be turned in before we leave. The overnight form can be found on the cross country website [www.fortcrosscountry.org](http://www.fortcrosscountry.org). **WE WILL HAVE A NOTARY AT THE PARENT MEETING ON AUGUST 19 to help facilitate this!**

To help keep the cost of camp low, we ask that each runner bring some food items to share. Those items are divided by grade level. Please see the list below. What does not get eaten at camp gets used after practices in the weeks that follow.

<b>FRESHMEN</b>	<b>BOYS – Salty snack (chips, crackers, pretzels etc) GIRLS – Sweet snacks (cookies, bars, brownies)</b>
<b>SOPHOMORES</b>	<b>BOYS – Granola bars and bananas GIRLS – Granola bars and a bag of oranges or apples</b>
<b>JUNIORS</b>	<b>BOYS and GIRLS – Gatorade MIX</b>
<b>SENIORS</b>	<b>BOYS – Animal cookies and one box of cold cereal GIRLS – Nilla Wafers and Ginger Snaps</b>

Also

Anything extra that your mom or dad thinks would be good to share will not be turned away!

----continued on back----

# 2019 BLACKHAWK CROSS COUNTRY TRAINING CAMP PACKING LIST

Please use this list to help you pack.  
Space is limited on the bus.

**Try your hardest to only use one bag plus your bedding.**

Lay everything out on your bed and check each off as you pack. You'll be glad you did.  
Anything I missed?

## CLOTHES

NOTE: There is no washing machine. Laundry is restricted to the sink.

- Long sleeved shirt
- Light jacket/Sweatshirt
- Sleep wear (no birthday suits please)
- Everyday shorts
- Everyday shirts (3-5)
- Everyday undergarments (as many as you think you'll need)
- Everyday Socks (3-5 pair)
- Workout Shorts (we will be running 5-7 times while we are there)
- Workout shirts (yesterdays' everyday shirt could work, pack extra)
- Workout undergarments (plan accordingly)
- Workout Socks (5 or more pair)
- Light hat
- Running shoes
- Everyday shoes (please DO NOT WEAR the same shoes to run in)

## TOILETRIES

- Towel(s)
- Wash cloth
- Soap
- Shampoo
- Other hair care products (go rustic, this is camp)
- Feminine products
- Contact lens stuff
- Toothpaste
- Toothbrush
- Shaver
- Lotion

## MISCELLANEOUS

- Pillow
- Sheets and blanket or sleeping bag (YOU provide the bedding)
- Snack foods you normally eat during the day/evening
- Play things (Frisbee, baseball gloves, etc.)
- Bug spray
- Sunscreen
- Bag for dirty clothes
- Flashlight

## MEDICATIONS WITH INSTRUCTIONS

- Bee sting kit?
- Inhaler(s)?
- Insulin?
- Other