



Oregon Rivalry Relay

Suggested Packing List

- Extra sets of running/walking clothes (pack each set in resealable plastic bag for easy organization)
- Running/walking shoes
- Warm-ups/Cover ups
- Change of clothes for Finish Celebration
- LED headlamp
- Reflective vest
- Flashlight
- Spare running/walking shoes, sandals
- Four (4) LED flashers
- Deodorant/Antiperspirant
- First aid (bandaids, Icy Hot, pain relief, anti-chafing, ice packs, stomach relief, ace bandages)
- Handi Wipes, antibacterial gel
- Food, snacks
- Water, refillable water bottle
- Ziploc plastic bags for wet clothes
- Running/walking GPS watch
- Mobile phone/charger
- Oregon Rivalry Relay handbook
- Scotch tape (tape team # to van)
- Cash/credit card/ID
- Headphones
- Towel
- Van decorations
- Paper towels
- Garbage bag