**LC Farragut Cross Country Camp**

When: July 16th – July 19th

Where: [Farragut State Park- Athol, ID](https://parksandrecreation.idaho.gov/parks/farragut/)

Who: LC Boys and Girls Cross Country athletes

This year we will be holding our team camp at Farragut State park where we will get the opportunity to explore some of the great trails around the 4,000 acre park. This time is equally intended to be a time for our team to come together, get to know one another, and learn about our summer training goals.

**Tues July 16**

1pm-Gather at Hart Field parking lot to carpool to Farragut State Park- Scott Group Area. Students need to arrange for their own transportation. Parking is $14/day in the state park so car pooling is encouraged.

**Wed July 17**

- Full Day of Camp (Run, eat, play, eat some more, play some more...)

**Thur July 18**

- Full Day of Camp (Run, eat, play, eat some more, play some more...)

**Fri July 19**

Morning Run, Breakfast, break down and clean up camp. If picking up from camp, please be there by 11AM.

**Eight meals** (and some snacks) are covered from Tuesday dinner until Friday breakfast. PLEASE communicate with Coach Lee at time of registration if you have unique dietary needs.

*\*\*We will provide cooking and cleaning equipment; students will need to bring their own eating/drinking utensils.*

**Cost:** $150 LC Business Office.

**Complete Final forms and pay via lc business office**

***\*\*Registration must be received by Monday 7/9 so we can plan\*\****

**What to bring:**

**Sleeping**

\_\_\_\_\_\_ sleeping bag \_\_\_\_\_\_ pillow \_\_\_\_sleeping pad

\_\_\_\_\_\_ tent or plans to share a tent with team mate (hopefully with a rain fly)

***Hammocks are not allowed in Farragut State Park*** 🙁

**Clothing**

Remember “layer dressing”—cool, dry layer (e.g., t-shirt), warm layer (sweater or wool shirt), and waterproof layer (jacket).

**\_\_\_\_\_\_** 3 days of running gear

□socks □long pants □ T-shirt □ shorts □ multiple pairs of running shoes if possible

\_\_\_\_\_\_ 3 extra pairs of socks \_\_\_\_\_\_ Jacket (wind and water resistant)

\_\_\_\_\_\_ sweater or wool shirt \_\_\_\_\_\_ long underwear or warm pajamas

\_\_\_\_\_\_ poncho or raincoat \_\_\_\_\_frisbee

\_\_\_\_\_\_ toothbrush/paste \_\_\_\_\_ bug spray

\_\_\_\_\_\_ soap \_\_\_\_\_\_ towel

\_\_\_\_\_\_ warm hat \_\_\_\_\_\_ gloves

\_\_\_\_\_\_ sunscreen \_\_\_\_\_\_ litter bag (plastic bag)

\_\_\_\_\_\_ sunglasses \_\_\_\_\_\_ headlamp/flashlight (check for fresh batteries)

\_\_\_\_\_ Board games \_\_\_\_\_ playing cards

\_\_\_\_ water bottle \_\_\_\_\_ camp chair

\_\_\_\_\_ eating/drinking utensils (bowl, mug, silverware).

*You will be expected to clean and re-use your own utensils* 😊

**Supervision**: Boys and girls cross country coaches will be at camp. There will also be a few adults with us as well!

**Questions:** Please contact Maegan Gomes Girls Coach (509-294-9076) or Michael Lee Boys Coach (509-475-9111) directly.