

What you will need to bring to Buckhorn 2008:

APPAREL

- ☐ 3-4 T-shirts (for running)
- ☐ 1-2 Long sleeve shirts or sweatshirts (for running)
- ☐ Underwear
- ☐ Light Jacket
- ☐ Running shoes
- ☐ Extra pair of shoes (for non running times. No high heels... ladies!)
- ☐ 5-6 pairs of socks (this should be enough in the case that it rains)
- ☐ 1-2 pairs of jeans
- ☐ 2-3 pairs of Shorts (for running)

SLEEPING STUFF

- ☐ Pajamas and such
- ☐ Sleeping bag **OR** Sheets and a blanket
- ☐ Pillow

OTHER

- ☐ Towel (for showering)
- ☐ Cellphone...for keeping contact if you get lost on a run...there is cell reception on the mountain)
- ☐ Toiletries (toothbrush...etc) (no need to bring make up! You will be sweating VERY OFTEN)
- ☐ Bug Spray
- ☐ Sunscreen
- ☐ Flashlight (if you'd like to)
- ☐ **DEODERANT !!!**

What **NOT** to bring:

- Walkmans/Discmans/iPods
- Matches/lighters
- Knives (Swiss or otherwise)
- Large sums of money
- Valuables
- Alcohol
- Drugs
- Cigarettes/cigars
- Fireworks
- Weapons
- Water balloons

***if these items are brought, the punishment will be confiscation as well as possible expulsion from the campgrounds.**

Camp Buckhorn Rules

These rules are NOT negotiable nor flexible. Any person caught breaking the rules will be disciplined by Coach Sharp or most likely you will be asked to leave the campgrounds and your parents will have to pick you up!

- **ABSOLUTELY NO BOYS IN THE GIRLS' CABIN, NO GIRLS IN THE BOYS' CABIN. NO EXCEPTIONS!**
- **No Walkmans, Discmans, MP3 players, stereos, etc.**
- **No smoking, alcohol, drugs, tobacco, fireworks, water balloons, matches or lighters.**
- **No littering.**
- **Athletes may not leave the campground boundaries, unless on a team event planned and organized by Coach Sharp.**
- **No knives or weapons of any sort.**
- **All athletes are required to be at and participate in every activity.**
- **Please no long showers. Save some hot water for everyone else.**
- **The campground must be treated with the respect it deserves. We will leave Camp Buckhorn in better shape than when we arrived.**