

DIRTY DOZEN

Things to Bring

1. cooler & ice
2. water and other hydration
3. some form of electrolyte replacement (gel, drink mix, capsules)
4. gloves, full finger if possible
5. long socks and/or pants
6. full changes of clothes
7. extra shoes and socks
8. stuff to keep you awake (preferably legal and non-prescription)
9. all the food you might need for 12 hours, other than dinner
10. pad/blanket and pillow for possible rest time
11. head lamp
12. jump rope