



Camp AK-O-MAK Non Profit

Adult Camp 2020

Saturday August 29 to Wednesday September 2, 2020

Adult Training Camp Suggested Packing List

- Bedding: Warm sleeping bag, pillow, blanket
- P.J's
- All weather jacket and/or pants
- T-shirts, shorts
- Sweat shirt/pants
- Hat, sunglasses
- Running shoes: multiple pairs
- Hiking boots (optional)
- Cycling Gear: gloves, shoes, shorts, jersey, tights, helmet
- Water bottle
- Wet suit (optional)
- Swim Suit, Cap, Goggles, Towels
- Flashlight &/or headlamp (no electricity in cabins and bathrooms)
- Sunscreen
- Biodegradable shampoo/body wash
- Rain Gear

**Lots to do...or
little...the choice is
yours.**

Available on site: life jackets, yoga mats and other sports equipment
Trek road bikes sizes 47-54, mountain bikes XS-Med, helmets.



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