LUREC Packing List

- Comfortable clothing for three days, this should include clothing to layer in case of inclement weather.
- Athletic shoes (gym shoes), something you would be comfortable in moving around with indoors and outdoors.
- Sunscreen and insect repellent (we will provide both of these).
- An extra blanket if you run cold at night.
- Toiletries (toothbrush, toothpaste, deodorant, hair products, etc.).
- Styling products and hair styling tools.
- Prescription medications.
- Flip-flops or shower shoes.
- No need to bring towels, sheets, pillows. or water bottles. They will be provided.