

## Wild Rogue Relay Van Supplies

You may wish to organize by van and provide some items for the entire van. Here's our list of suggested supplies each van should have:

- Cooler with ice
- Water
- Flashlights
- Headlamps – at least 2 must be shown at check-in
- Flashing red lights – at least 2 per van; we want one on the active runner's front & back
- Reflective vests (2 – 3) – at least 2 must be shown at check-in
- Cellphones and/or two-way radios – cell service is spotty in many places on the course.
- Clipboard & pens
- Copy of legbook – (we'll give you one at check-in - no need to print! Just make sure you get your van's copy before heading out)
- Runner on road sign
- Antibacterial soap
- Extra garbage bags – the really big leaf bags make excellent rain ponchos in an emergency
- Space blanket
- Vaseline
- BodyGlide
- Basic first aid kit: Icy Hot, Excedrin, Ibuprofen, Benadryl, Sunscreen, Band-aids, Scissors, Rubber gloves
- Extra batteries
- Blister care kit (Moleskin, secondskin, band-aids)
- Toilet paper
- Pens
- Masking tape
- Spray bottles – especially if the forecast is for warm weather. You can use spray bottles to keep your runners cool.
- Paper towels
- Plastic eating utensils
- Babywipes
- Pepper spray
- Window markers
- Cowbell – you can never have too much
- Tent if your van is camping at any major exchanges