

Below are two unofficial supply lists graciously shared by two veteran Blue Ridge Relay captains.

**Blue Ridge Relay Supply List
(Courtesy Team Norm's Maggots)**

Things you should pack individually

Duffle bag
Three sets of running clothes
Running shoes (2)
Dry Shoes or Flip Flops
Sun Glasses
Hat
Sunscreen
Sweats, Casual Clothes
Watch, preferably with a timer
Cell phone
Lots of team playing
Camera/film
Rx
Favorite water bottle or fuel belt with your own goo
Sense of humor
Towel
Pillow
Blanket (?)
Favorite CD's or Ipod
Toiletries / Hygiene Products
Body Glide or chafe preventing product
Cash for meals
1 check for settling-up team expenses

Each Van will be equipped with:

2+ reflective vests
2+ flashers
2+ headlamps
1 team timing watch
Team cell phone contact numbers
1 race notebook (rules, maps, timing sheet)
Maps / Directions / Cue sheets for each leg
2 Coolers (Ice, Gatorade, Water, coke)
Snacks (trail mix, chips, candy bars, meat sticks, crackers, gummies)
Large Ziploc bags for wet clothes
Baby wipes, garbage bags
First aid (Tums, immodium, band-aids, blister-gels, ice packs)

Things you don't need to pack for the BRR:

Flask/Booze
Toilet Paper (use the Port-a-Johns or hold it)

Blue Ridge Relay Supply List
(Courtesy Dave “Dash” Jordan)

VAN CHECKLIST	Van #1		Van #2		Totals	Comments
Supplies						
Reflective Vests (1 per runner)	2	x	2	x	4	Bring your own unless you want to wear a sweaty one.
Glowsticks (2/runner)	0	x	0	x	0	None this year. Signs will be marked w/ glow sticks.
Headlamps (2 per car) & 2 sets of Batteries to support each or mag-lite flashlight.	2	0	2	0	4	If you bring one, please make sure to bring required batteries as well. Some runners prefer to carry mini mag lights
blinky lights	4		4			
Ice (2 bags per car)	2	0	2	0	4	Buy 2 ea on Thursday and plan to buy along the trip. Support team on point
Coolers (2 per car)	2	1	2	x	4	Use smaller coolers to sit between captain's chairs up front
Swiss Army knife (1-2 per car)	1 - 2	0	1 - 2	1	3 to 6	
Supoort Driver T-shirts	2	x	2	x	4	
Band-aids (1 box per support vehicle)	1	x	1	x	2	
First-aid kits (1 per vehicle)	1	x	1	x	2	
a bottle of ibuprofen	1	x	1	x	2	
Vaseline (1 large tube per support vehicle)	1	0	1	0	2	
Toilet Paper (1 4-pack per vehicle)	1	x	1	x	2	
Paper Towels (2 rolls per vehicle)	2	x	2	x	4	1 roll is enough

Markers for Window writing						
Wet Wipes (1 bottle per vehicle)	1	x	1	x	2	
Travel paper coffee cups with lids - 25 pack	1	x	1	x	2	were not used
Box of Medium Garbage bags	1	x	1	x	2	
Febreeze/Air freshener	1	x	1	x	2	Add from 2007
2-way radios total of 2 sets)	1	x	1	0	3	
AA Batteries for radios, batteries for lights	6	x	6	x	12	
Cell Phones (2/vehicle -1for runners / 1 for drivers)	2	x	2	x	4	assuming folks all will have their own
Maps for tracking	1	0	1	x	2	Tripp will provide for both vans
Detailed maps for DRIVING	1	0	1	0	2	Tripp will provide for both vans
Tarp	1	0	1	x	2	
Large thermos for coffee	0	0	0	0	0	Will stop along the way if people need coffee
Support Staff - Fun stuff (football, frisbee, etc)	0	x	0	x	0	Games, Music, Frisbee, etc.
Food						
Gatorade (24 bottles/vehicle)	24	x	24	x	48	NO POWERADE!!
Water (24 bottles/vehicle)	48	x	48	x	96	
Cherry Nibs (2 large packages)	1	x	1	x	2	unopened
Gummy Bears (2 large packages)	1	x	1	x	2	no one ate these in our van
Power Bars (16-18/vehicle)	0	x	0	x	0	Bring your own if you want them. Last year we got a box at the start of the race.
Power Gels (16-18/vehicle)	0	x	0	x	0	Bring your own if you want them
1 Container squeezable mustard	0	x	0	x	0	Not doing sandwich stuff this year
1 Container squeezable mayo	0	x	0	x	0	Not doing sandwich stuff this year
Peanut Butter (1 jar/vehicle)	1	x	1	x	2	Not doing sandwich stuff this year
Bulk packages of LANCE crackers	2	x	2	x	4	Only buy 1/van next year
Bulk packages of LITTLE DEBBIE snacks	2	x	2	x	4	buy the nutter butter ones
Bulk packages of Pretzles snacks	2	x	2	x	4	Only buy 1/van next year
Bulk packages of GUM	0	x	0	x	0	

12 pack Diet Coke	1	x	1	x	2	
12 pack Coke	1	x	1	x	2	
Bagels (24/vehicle)	24	0	24	0	48	20/van would have been plenty. Include cream cheese.
Bananas (24/vehicle)	24	x	24	x	48	Double the amount of bananas
Apples (12/vehicle)	12	x	12	x	24	no one ate these last year
Oranges (12/vehicle)	12	x	12	x	24	no one ate these last year
Loaf of Sandwich Bread	0	x	0	x	0	Not doing sandwich stuff this year
1 lb Deli turkey for sandwiches	0	x	0	x	0	Not doing sandwich stuff this year
Cheese for sandwiches	0	x	0	x	0	Not doing sandwich stuff this year