



Tri-Body Strathcona Training Camp July 19-21st, 2024

Thursday July 18th

PM

Arrival at Ralph River Campground anytime after 1pm

Friday July 19th

0800 Group intro, camp overview and questions

0830 Strategy session nutrition

0930 Depart for trailhead

1000 **Cream Lake** (20km & 1200m elevation)

~1500 Back at camp

1530 Stretching & mobility session

1700 Dinner on your own time

1800 Strategy session poles & aid stations

1900 Prep kit for next day

Saturday July 20th

0540 Depart for trailhead

0600 **Phillips Ridge (25-30km & 1500-2000m elevation)**

~1400 Back at camp

1430 Stretching & mobility session

1700 Team pizza dinner

1830 Strategy session mental skills

1900 Prep kit for next day

Sunday July 21st

0400 Depart for trailhead

0430 **Augerpoint Mountain (15-18km & 1600-2000m elevation)**

~1030 Back at camp

1100 Depart Camp

Suggested Packing List

- Tent
- Sleeping Bag
- Pillow
- Trail Shoes x1-2
- Hydration system (Vest)
- Water Filtration
- Sunscreen
- Hat
- Sunglasses
- Bug Spray
- Warm clothes for morning and night
- Camping Chair
- Poles
- Yoga Mat
- Towel
- Bathing Suit
- Foam Roller
- Water Bottle
- A lot of nutrition to fuel the trail days
- Salt and/or electrolytes mix
- Garmin inreach (if you have one)