

# WS100 Canyon Packing Guide

## Western States 100 - Canyon Heat Zone Essentials

### [Bag] Must-Pack Items for Miles 30-70:

- Ice bandana (pre-wet or dry buff to fill with ice)
- Cooling sleeves or light arm sleeves
- Lightweight, white hat with vents
- Electrolyte tablets (Sodium: 300-600 mg/hr)
- Extra socks (drop bag or crew)
- Small towel or sponge (for soaking)
- Salted real food (rice balls, chips, PB&J)
- Sunscreen re-application
- Vaseline or anti-chafe stick

### [Water] Hydration Plan:

- Minimum 1.5-2 liters between aid stations
- 1 water bottle, 1 electrolyte bottle combo

### [Heat] Heat Strategies:

- Start cooling before you feel hot
- Dump water on head and chest at creeks/aid
- Stuff ice in neck buff, hat, sports bra/shorts waistband
- Walk steep climbs to reduce overheating

[Mind] Mental Tips:

- Break climbs into small sections
- Focus on ice-to-ice strategy: aid-to-aid
- Smile and talk to others: shared suffering helps