I surveyed both girls and boys coaches and put their packing suggestions together into one list.

Suggested packing list from Mammoth:

PACK LIGHTLY as you will be responsible for carrying your own bags!

Insurance Card (or copy of front and back)
Sleeping bag, if you want one (all runners will have beds and linens, but some will be shared Queens so some may prefer sleeping bags)
Running Clothes (including light long sleeve running shirt for cold mornings)
Pair of jeans and some light cloths for daytime
Pillows: only if you are allergic to feathers or you have a favorite pillow
Beach towel, swim suit& flip flops
Insect Repellent (Coach Calderon likes bullfrog brand)
Sunscreen
Cheap mittens or gloves (some morning runs are cold and the mitts are discarded along the way with hopes of picking them back up on the return trip, but doesn't always happen!)
Beanie/running cap for early morning runs
Sweatshirt for night times
Garmin and charger, running watch
Water bottle
Toiletries & Personal Items (underwear, any meds needed, vitamins, Advil, chapstick, lotion, Vaseline—it's very dry up there)
A back pack for day trips to lakes etc.
Coins for laundry & $50 spending money
Cell phone and charger
Camera
Favorite energy bars if particular about what kind they eat (they will be provided with bars, but it may not be the type they like), GU and energy beans for long runs
SUMMER READING!!