

# UNLEASH THE POWER WITHIN

## RECOMMENDED CREW PACKING LIST:

- A bag to keep all your stuff in in the crew room. (Do not bring valuables)
- Attire for “Day 0” (crew training day) is casual, anything you want until we start registering participants.
- Attire for *all* the other days, will be a crew shirt on top and (ideally) black bottoms. Please look sharp as you’re representing TR Crew and Tony Robbins.
- Pants – should be (black or very dark dark) chinos, dress pants, skirt, or nice jeans.
- Black long-sleeved shirts or a black sweater for under crew shirts for each day. It gets cold in the room and you must have your crew T-shirt on top of whatever is keeping you warm.
- Extra clothes for the Firewalk that can get dirty. (These can get dirty enough that you will not want to wear them again at the event.) Bring at least extra 100% cotton long pants, and 100% cotton long-sleeve shirt and shoes. (Cotton is so it won’t melt.)
- If you have black crew shirts from previous UPW events, please bring those to use also. (Each Crew member will receive at least one crew shirt during crew registration.)
- Food bars, nuts, fruit, raisins -- healthy, nonperishable, snacks, keep your energy up through the day.
- Water bottle - drink lots!
- Comfortable shoes. This is especially important for ushers and mic runners who need to have flexible shoes so they can crouch and squat.
- Your mobile phone - You will get communications through slack and need to have the app installed.
- Face coverings, preferably a black mask, that conform to CDC guidelines for Covid-spread-prevention. Please no gaiters, bandanas, plastic face shields or masks with exhalation valves or vents.

## Some optional extras to make things easier:

- Throat lozenges
- Ear plugs (optional, but nice if you’re going to be in the room a lot)
- A pouch or bag to have with you during the day so you don’t leave valuables in the crew room.
- An external battery pack for your phone.
- Hand sanitizer