

DRINKS

- Water: regular bottled, flavored (Lacroix/bubbly), Topo Chico w/ lime, etc
- Energy: Celcius, sugar free red bull, or Monster Rehab – Tea & Lemonade
- Sodas: Coke Zero, Dr Pepper Zero
- Coffee: Cold brew or Nitro cold brew, sugar free vanilla anything iced
- Liquid Death Dead Billionaire or the Liquid Death Rest In Peach.

SNACKS

- Anything high protein
- Jerky
- Protein bars (Barbell, One, quest)
- "Sahale" Mixed Nut Snacks
- Pistachios
- Gummy Life Savers
- Chocolate Covered Espresso beans
- Reese's take 5
- Pretzel M&M's
- Solely Fruit jerky
- Spicy pickle chips
- Snackish brand chips (Target)

APPAREL

SHIRT SIZE: XL
SHOE SIZE: 10.5