

RACE PACKING CHECKLIST

- Toilet paper. Those Port-A-Johns run out fast. You never know.
- Race clothing. A polyester blend is the best for keeping you cool. Think about the weather. Will you need shorts, sweats, jackets, leg warmers, gloves, hat, warm-ups? Don't pack your favorite jacket or long pants if you have a tendency of ripping clothes off when you are hot and leaving them lying around. Otherwise get used to tying clothes around your waist.
- Shoes. Don't forget. It happens.
- Vaseline/Body glide
- Ibuprofen, Band-Aids
- Sunscreen
- Hair bands, bobby pins, etc.
- Hat/Sunglasses
- Extra Safety pins for Race bib
- MP3/iPod and headphones if you use them
- Running Watch
- Race Confirmation (sometimes you need it, sometimes all you need is a photo I.D. and name. Look at the race website.)
- Energy Bars, gels, snack items
- Water carrier or energy waist pack if you have one
- Cash
- Camera
- Race directions and information

ADDITIONAL ITEMS YOU NEED >>>

