

# RACE DAY CHECKLIST

## RACE

- Shoes
- Socks
- Shorts/bottoms
- Underwear & sports bra
- Ben Parkes singlet or tee\***
- Race number/timing chip
- Pins for number
- Ben Parkes hat\***
- GPS Watch
- Heart rate monitor
- Gels/nutrition
- Pack/waist belt
- Headphones

## HOT WEATHER

- Sun cream & SPF lip balm
- Electrolytes
- Sunglasses

## KIT BAG

- Phone
- Pre/post race clothes
- Bodyglide/anti chafe gel
- Plasters/bandaids
- Drink/snack/breakfast
- Toilet roll
- Bank card/money
- Hand sanitizer
- Wet wipes
- Race & travel info

## COLD WEATHER

- Gloves
- Long sleeve top
- Leggings
- Ben Parkes wrap\***
- Jacket
- Hat/headband

\* CHECK OUT [BENPARKES.COM](https://www.benparkes.com) FOR THE BEST RUNNING GEAR FOR YOUR RACE!