MARATHON



Race

- ☐ Shoes, pretty important...
- Shorts
- □ Socks
- Singlet or race top
- ☐ Sports bra
- Old sweatshirt to toss
- Race bib and number
- Sunglasses
- ☐ Headwear, hat, visor, or buff
- ☐ Gels/nutrition/electrolytes
- Chapstick
- ☐ GPS and/or heart rate monitor
- Phone/Headphones
- Hydration, HydraQuiver, handheld, waist pack
- ☐ Gloves if it's cold
- Rain jacket if it may rain
- Compression gear if you use it
- ☐ Lightweight running jacket
- □ ID/Cash/Credit/Emergency contact info/Allergy info
- Bandaids or duct tape...nipple protection and blister protection

Pre/Post Race

- Race confirmation
- Hotel confirmation
- ☐ Ear plugs
- ☐ Prerace breakfast food
- □ Nutriton mix, Tailwind, Fluid, Etc.
- ☐ Recovery drink
- Water bottle
- Post race clothes
- Extra socks
- Extra shirt
- Ibuprofen
- Cash, credit, ID
- Itinerary
- ☐ Cell phone charger

If all else fails, just remember that you really only need shoes and a race bib. Probably your clothes too. Have fun and good luck!

