

RUNNING ESSENTIALS:

- Headlamp with a fresh set of batteries
 - Hint-lithium's make the lamp lighter on your head
- Reflective LED tail light
- Reflective vest
- Sunglasses
- Headwear, hat, visor or buff, head band
- GPS/Garmin and heart rate monitor
- Phone/Headphones
- Hydration, we suggest the HydraQuiver
 - Drink of choice to fill it. See team notes for bulk water storage
- Gloves
- Rain jacket
- Compression gear if you use it
- 2 to 3 sets of clothes (shorts/shirts/bras/socks) and a costume!
- Lightweight running jacket and/or sweater
- Running shoes
- ID/Cash/Credit/Emergency contact info/Allergy info-put in ziplocks
- Gels/nutrition/electrolytes
- Chapstick



ORANGE MUD

CHILLING/ NONRUNNING:

- Baby wipes
- Small pillow, inflatable is nice for space savings
- Cell phone chargers
- Camera
- Sharpie
- Backpack
- Sleeping bag
- Towel-We suggest a Transition and Seat Wrap of course
 - For changing and covering the seat of the vehicle
- Paper towels for wiping up messes in the vehicle
- White trash bags. Write each runners name on it with sharpie and put dirty clothes in there. Big ziplocks work great too!
- Hand sanitizer
- Bug spray
- Ibuprofen
- Toilet Paper
- Toiletry kit, all man and woman items required
 - Deodorant, yes, you will stink
 - Tooth brush and toothpaste
- Ziplocks
- Backup headlamp
- Flip flops
- 1 Set of relaxing clothing for van and camp time
- Food/snacks of personal preference. We suggest bagging salt foods in a ziplock, then sugary foods in a ziplock. Usually you crave one or the other. 1 gallon freezer zips are awesome.
- Eye mask and ear plugs
- Reading mags/tablet.

TEAM ESSENTIALS:

- Clipboard with graph paper or a preprinted sheet to organize run legs.
 - List runner name, position, blank column for start and finish, and leg length
- Medical information per teammate so all or at least designated people are aware
- Emergency contact info for all teammates
- Race bible and rules, one per van
- Race bibs
- Maps and directions-gps is a good idea with charger
- 2 reflective vest, but have at least 1 or 2 extras. Someone will forget this
- At least 2 extra led lights
- 2 extra headlamps
- Crossing flags, often provided, read local rules
- Keys for van, one set with driver, one set with backup
- Extra headlamps
- First aid kit, at a minimum tape, ibuprofen, band aids, Neosporin, moleskin, duct tape, body glide, gauze, safety pins, razor, knife, tweezers, electrolytes, disinfectant, cold press.
- Deodorant spray for van, yes it will stink!
- Roller ball or stick for massaging of tight muscles
- Window chalk
- Van decoration
- Glow sticks, good for wearing or decorating van
- Reflective tape
- Van snacks
- Buy gallon jugs of water, or fill a 5 gallon cooler full for team use. Helps with being green and organizes the event better.
- Food / Snacks (Good ones are pretzels, gummy bears, fig newtons, dried fruit, jerky, bananas, oranges, trail mix).
- Cooler/Ice
- Tent, some stay at hotels, some sleep in the van, some tent, some party till the cows come home. Either way, pack one per van.
- Flashlight
- Camera

