



Race

- Hydration Pack
- Hydration Mix
- Hydration Mix refill
- Shoes
- Hat
- Sunscreen
- Electrolytes
- Phone, in freezer ziplock
- Snacks
- Spare ziplock for trash
- Duct tape
- Body Glide
- Toilet Paper
- Band-aids
- Safety pin (blister piercer)
- Pepto tablets
- Headlamp
- Backup batteries
- Spare Layer
- Gloves
- Sunglasses
- Headphones
- Backup bottles or bite valve
- Spare hydration bladder
- Map of course
- GPS

Pre/Post Race

- Drop off drop bag
- Lube up
- Dress per the weather
- Stay warm
- Hydrate, eat as trained
- Study the map of the course
- Towel, flip flops
- Quarters for shower
- Compression Sleeves
- Spare clothes
- Sleeping bag
- Foam roller
- Ibuprofen
- Moleskin

Drop Bag

- Spare bottle or bladder
- Replacement hydration mix
- Layers, shoes
- Headlamp, spare batteries
- Electrolytes
- Duct tape
- Lube
- Snacks



ORANGE MUD
TRAIL - ROAD - WHEREVER

Things will likely go wrong at some point. That's racing, and that's ok, adapt and move forward! One step in front of the other is the focal point. As long as you have your essentials packed you're going to have an amazing race.