

# *The Ultimate* **Race Day Packing Checklist**

- Clear Bag from Expo (for bag check or to carry things before the start)
- Race Bib + Safety Pins
- Running Shoes
- Compression Socks/Running Socks
- Shorts/Pants
- Shirt (+ Jacket)
- Underwear (+ Sports Bra)
- Camera (if needed)
- Fuel Belt
- Fuel for the Race
- Handheld Water Bottle or Hydration Belt
- Charged* Cell Phone
- Throwaway Clothes -> Sweatpants, Sweatshirt, Blanket or Poncho
- Headband
- Hair Tie + Bobby Pins
- Hand Warmers
- Breakfast Food/Snacks
- Mittens or Light Running Gloves
- Headphones + Music
- Sunglasses
- Hat or Visor
- Sunscreen
- Anti-Chafing Stick
- Charged* Running Watch
- Cash and ID for the Finish

