Race Day Packing Checklist

- ☐ Clear bag from expo (for bag check or to carry things before the start)
- ☐ Running shoes
- ☐ Compression socks/regular socks
- ☐ Shorts/tights
- ☐ Shirt/pullover (+ jacket)
- ☐ Camera
- ☐ Running pouch/fanny pack
- ☐ Fuel for the race & hydration
- ☐ *Charged* cell phone
- ☐ Throwaway clothes --> sweatpants, sweatshirt or blanket
- ☐ Headband/hair tie
- ☐ Hand and toe warmers
- ☐ Breakfast for race day
- ☐ Mittens or light running gloves
- ☐ Headphones & a playlist
- ☐ Bib & safety pins
- ☐ Sunglasses
- ☐ Hat/visor
- ☐ Sunscreen
- ☐ Anti-chafing stick
- ☐ KT Tape/brace
- ☐ *Charged* running watch
- ☐ Toilet paper (for porta potties)
- ☐ Cash and ID for the finish

Runnin' for Sweets