



Race Day Checklist

- Running Shoes
- Socks
- Sports Bra
- Bottoms: Shorts, Pants or Skirt
- Sweat Wicking Top or Shirt
- Throw Away Clothes (for cold weather races)
- Throw Away Poncho (for rainy weather)
- Anti-Chafing Product (Body Glide)
- Headphones for Music
- Ipod or iPhone for Music (Charged)
- Headband or Hair ties
- Sunscreen
- Sunglasses, Visor or Hat
- Fuel (gels, chews, etc)
- Water Bottle
- Sport or GPS Watch
- Tylenol
- Hand Sanitizer
- Flash Light or Headlamp (nighttime races)
- Printed Address or Directions to starting line
- ID and Cash
- Safety Pins and Race Bib
- ER Feminine Products
- Band-aids