

# RACE CHECKLIST

- Running shoes
- Socks, underwear, bra
- Tank, t-shirt or long-sleeve
- Tights or shorts
- Rain jacket
- Gloves
- Sunglasses
- Hat or visor
- Warm clothes to wear pre-/post-race
- Race bib
- Safety pins
- ID and healthcare card
- Hydration bottle, belt or pack
- Gel, gummies, electrolytes
- Cell phone
- iPod and headphones
- GPS watch
- Sunscreen
- Anti-chafe balm
- Band-aids
- Tissues
- Lip balm
- Sunscreen
- Gear check bag

## NOTES