

Race Checklist

Local Race	For a Longer Drive Add:
Pre-race • Race confirmation • Anti-chafing product • Sunscreen • Lip balm with sunscreen • Hat or visor • Safety pins • Water bottle Race • Watch • Sunglasses • Gels/fueling products if you've been training with them • Band-Aids or NipGuards if necessary Post-race • Extra socks • change of clothes/rain jacket • change of shoes • Food if you won't be fed at the post-race festivities • Towel	Pre-race • Directions to race and number pick-up • Carb-rich snacks for the car • Water bottle/travel mug • Toilet paper, just in case Race • Shoes, orthotics if necessary • Singlet/short-sleeve or long-sleeve shirt for race, as weather dictates • Sports bra • Shorts/tights for race, as weather dictates • Socks Still feel unprepared for race week? Make sure you have everything you need to make race week stress free with your Race Week Companion: www.theplantedrunner.com/raceweek
For a Big Travel Race Add:	
Pre-race • Hotel confirmation • Plane tickets/boarding pass/passport • Be sure to pack race clothes in carry-on! • Course map • Water bottle for the flight • Healthy, carbohydrate-rich snacks for the flight • Area guide for restaurants and events • Street clothes and shoes • Toiletries including a travel-sized first aid kit • Ear plugs • Travel alarm • Food you usually eat for breakfast before running	Race • Shorts/tights for race, as weather dictates • Old clothes you can toss after a few miles • Socks • Snacks if you'll be standing around for several hours before the race • Fuel belt or vest if you run with one and is allowed by the race Post-race • Travel towel • Plastic bag for ice, dirty clothes, etc.