

## Ragnar Relay Packing List

### **Clothing - Put each running leg outfit in separate labeled**

#### **Ziploc bag**

- Running shirts – 3, brightly colored if possible
- Running bottoms – 3
- Running shoes – 1 or 2 pair
- Running socks – 3 to 4 pairs
- Sports Bra/Undies – at least 3 pairs each
- Hat/visor – 1 or 2 hats
- One comfy non-running shirt (for in-between runs)
- One pair non-running bottoms (for in-between runs) – e.g. sweats or yoga pants
- One pair non-running (rubber/plastic) shoes
- Warm jacket and/or sweatshirt
- Rain jacket/windbreaker (optional)
- Costume items for running or cheering (optional)

#### **Safety Gear (required)**

- Headlamp (one with red filter saves your nightvision)
- Tail light/blinking lights (e.g. Vizlet LED by Amphipod)
- Reflective vest

#### **Running Accessories – Keep in one separate Ziploc bag together with Safety Gear**

- Handheld water bottle/water belt/Camelbak/SPI belt
- Watch or GPS
- Road ID - for your shoe, in case of emergency
- Sunglasses
- Hair ties/hairbands
- Ipod & headphones (discouraged)
- Copy important phone numbers & maps of your legs of the run – in a small Ziploc bag
- Cell Phone - pre-programmed with teammates numbers, Ragnar line, & photos of legs
- Cash – small bills

#### **Miscellaneous**

- Cell phone car charger & cords
- Refillable water bottle for van
- Camera
- Body Glide/anti-chafe
- Toiletries – toothbrush & paste, small soap & small shampoo, deodorant, etc.
- Sunblock & Chapstick with SPF
- Towel or Chawel
- Ear plugs & Sleeping Mask
- Small pillow/inflatable camping pillow
- Blanket and/or compressed sleeping bag & air mattress
- Any medicine you need
- Any prescription glasses/contacts you need
- Food & Drinks – special stuff for you (e.g. Gels, electrolytes, etc.)

### **Optional Recommended**

- Compression socks/calf sleeves/arm sleeves/tights for recovery
- Buff or headband for ears
- Running gloves
- Additional reflectors or LED bracelets
- Team Shirts
- Jambox (bluetooth radio)
- Walkie Talkies
- A special food and/or beverage for the finish line

#### **Kit for Van – One Kit per Van**

- Race bible in binder – 1 per van required
- GPS unit
- Baby wipes – at least 2 tubs per van, unscented
- First Aid Kit (include Vaseline, instant ice packs, rubber gloves, bandaids and antibacterial cream/spray, ibuprofen, aspirin, Tylenol, Tums, Imodium, tweezers, scissors, day time cold medicine, cough drops, moleskin, tampons/pads)
- Hand sanitizer – 1 large pump bottle per van
- Trash bags – a few per van
- Ziploc bags – a few gallon and a few quart per van
- Baking soda – 1 box per van (optional)
- Van window markers/decorations/ tape/sidewalk chalk & tagging magnets (optional)
- The Stick (massage stick)/Foam roller (optional)
- Snacks for the group – e.g. bananas, apples, nuts, chips, cookies, pretzels, Twizzlers, granola bars, PB&J, bagels, etc. & gum
- Drinks – Gatorade or powdered sports drink mix, 6-10 gallon jugs of water per van
- Paper Towels - 1 roll per van
- Cups - a few (optional)

#### **Very Optional/Not Recommended if Space is Tight**

- Swim suit
- Dry shampoo
- Glow sticks/fun stuff
- Jumper cables
- Car power converter
- Safety pins
- Additional flashlight(s)
- Colgate Whisp one-time use toothbrushes
- Toilet paper and/or Kleenex
- Duct and/or Scotch Tape
- Shoe anti-odor and drying spray
- Bug Spray
- Febreeze
- Soft or hard sided cooler
- Water cooler drink dispenser