

Running Travel Packing List

Information/Papers

- Wallet, ID, & Keys
- Cell Phone
- Airline tickets & flight info
- Directions from airport to hotel
- Car rental info & GPS unit/maps if driving
- Hotel confirmation info
- Directions to expo and/or pasta dinner
- Confirmation/Registration # from Marathon
- Map of Marathon route & staging area

Clothing & Accessories

- Running shoes
- Running socks
- Running shirts - for hot, med, cold, & rain
- Running shorts/tights
- Throw-away shirt/jacket for start of race
- Sports Bra & Underwear
- Hat & Ponytail holder/clips
- Sunglasses
- Gloves & Buff
- Comfy shoes & pants for post-race
- Sleeping outfit & slippers
- Swimsuit - for hot or ice tub
- Regular clothing & toiletries for travel
- Compression socks for travel
- Race bag for checking - not a backpack

Race gear bag for checking should have

- Post-race snacks & recovery drinks
- Towel/Chawel for changing
- Comfy clothes & shoes for post race
- Sunblock, tissues, wet wipes, hairbrush
- Fresh hat & glasses
- Stick massager or straps for stretching
- Instant ice pack
- Cell phone, keys, small cash

Assorted Items

- Running watch - e.g. Garmin
- SPI belt/Flip Belt and/or Water carrier
- Foot care - e.g. bandaids, foot wool, etc.
- Anti-Chafe Stuff !!
- Travel towel/Chawel
- Sunblock & Chapstick with SPF
- Antibacterial wet wipes
- Massage/stretching tools - e.g. Tiger Tail
- Leg/knee brace
- Instant ice pack or ice bag/plastic baggies
- Neoprene wrap - to hold ice against body
- Painkillers - e.g. Tylenol, Advil, Aspirin
- Vitamins
- Electrolyte tablets
- Nuun or other powdered drink mix
- Gel/Gummies
- Coffee/tea and/or cereal packets
- Food/Bars – e.g. Clif, Balance, Pop Tarts
- Plastic Baggies - for food, ice, electronics
- Garbage bags - for rain, sitting, etc.
- Safety pins
- Sharpie marker & tape for writing on shirt
- Ipod & Headphones
- Chargers – for phone, ipod, Garmin
- Prescription meds & contacts/glasses
- Kindle, Tablet or magazines to relax

Lay Out Night Before Race

- Shoes & Socks & Band-aids & Anti-chafe
- Running tights, bras
- Pin race bib on shirt
- Hat, sunglasses, watch, ipod/headphones*
- Fuel belt & fuel/gels, tissues, chapstick
- Breakfast if eating in room
- Charge phone & set alarm(s)

Morning of Race Checklist - before heading out the door, check for

Hat, sunglasses, watch	Gels & Gummies (opened)	Chapstick, tissues
Ipod in baggie & headphones*	Cell phone	Race bib, race chip
Gloves, buff, warm "toss" layer	Hotel key & cash/CC	Car key & ID if driving
Garbage Bags	Gear Bag & Tag/Sticker if checking gear	

*Only if allowed in race