

# Ragnar Trail Packing List (best for Ragnar Trail New England) (version 2)

by Where's The Finish

## **Clothing - Put each loop's running outfit in separate labeled gallon Ziploc bag (w/ name, loop #, & approx time of loop)**

- Running shirts & bottoms – 3 each
- 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 (shower) shoes
- Warm jacket and/or sweatshirt
- Rain jacket/windbreaker
- Costume items & team shirts!

## **Running Gear (required)**

- 70+ to 150+ lumen headlamp (one with a red filter saves your nightvision) - 1 (or more) w/ tested fresh batteries
- Cup/bottle for hot & cold beverages (Ragnar Trail is cupless) - 1 or 2

## **Personal Running Accessories**

- Hydration backpack/handheld bottle/water belt/SPI belt
- Watch or GPS
- Sunglasses
- Buff or headband for ears
- Hair ties/hairbands
- Gaiters and/or tall compression socks/calf sleeves (for brush - not needed for New England)
- Gloves
- Road ID - in case of emergency
- Additional handheld lights/headlamps
- iPod & headphones (discouraged on trail)
- Cell Phone - pre-programmed with teammates numbers & photos of course maps

## **Personal Miscellaneous**

- Toiletries – toothbrush & paste, hairbrush, etc.
- Sunblock & Chapstick with SPF
- Body Glide/anti-chafe
- Ear Plugs & Sleeping Mask
- Headphones
- Any medicine you need
- Prescription Glasses/Contacts
- Food & Drinks – special stuff for you (e.g. Gels, electrolytes, chocolate, etc.)
- Cash - small bills

## **Camping Gear**

- Tent(s) - enough for team, 1 big and/or a couple smaller
- Tarp - for under tent or as a rug
- Sun Shade/Pop Up Canopy or Umbrella
- Camp Chairs & Table
- Sleeping Bag/Blanket & Sleeping Pad
- Small pillow/inflatable camping pillow

## **Additional Items – One “Kit” per Team**

- Baby wipes – at least 2 tubs, unscented
- Bug Spray
- First Aid Kit (e.g. bandaids, antibacterial cream, ibuprofen, aspirin, Tylenol, Tums, Pepto, Imodium, allergy meds, tweezers, scissors, cough drops, Vaseline, moleskin, rubber gloves, tampons)
- Hand sanitizer – 1 large pump bottle
- Trash bags - 1 or 2
- Extra Ziploc bags
- Snacks for the group – e.g. bananas, apples, nuts, jerky, cheese, chips, cookies, candy, pretzels, Twizzlers, granola bars, PB&J, bagels, etc. & gum
- Water & Drinks – Several gallon jugs of water, Gatorade or electrolyte drink mix, some alcohol
- Paper towels - 1 roll
- Toilet paper and/or Kleenex - 1 roll or box
- Portable external battery/solar charger for phones & charging cables
- Lantern and/or additional flashlight(s)
- Camera
- Cards/Games
- Decorations for campsite
- Village Schedule & Trail Maps
- Team pace sheet with ETAs & Pen (for updating)

## **Optional - Can Skip if \$ or Space is Tight**

- Reflective cord/stickers or tent stake lights
- Yoga Mat
- Towel or Chawel
- Cooler with ice
- Dry shampoo
- Baking soda - can decant into small travel bottle
- Bluetooth speaker/radio
- Massage stick/Foam roller
- Colgate Wisp one-time use toothbrushes
- Duct and/or Scotch Tape
- Shoe anti-odor and drying spray
- Camping stove (not allowed in many locations)
- Bike(s) - not needed for New England

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