

RACE DAY CHECKLIST

RUN BIG, SHOP SMALL

BEFORE THE RUN

- ID
- BREAKFAST
- SUNSCREEN
- CELL PHONE
- RACE BIB + PINS
- EXTRA HAIR TIES
- ANTI-CHAFING GEL
- RACE INSTRUCTIONS
- MONEY / CREDIT CARD
- KNOW YOUR MEET UP SPOT
- EMERGENCY CONTACT INFO

RACE DAY GEAR

- SOCKS
- HAT / VISOR
- SPORTS BRA
- RUNNING SHOES
- GOODR SUNGLASSES
- GLOVES / ARM WARMERS
- MOISTURE-WICKING TOP & BOTTOMS
- WATER-RESISTANT JACKET
- TOSSABLE WARM-UP LAYER
- FULLY-CHARGED GPS WATCH
- HYDRATION BELT / HANDHELD
- ENERGY GELS / CHOMPS / BARS

POST-RACE

- FOOD
- TOWEL
- ICE PACK
- BAND-AIDS
- PAIN RELIEVER
- EXTRA CLOTHES
- RECOVERY DRINK
- OOFOS RECOVERY SANDALS

