

## Race Day Checklist

### Pre Race

- ◇ Race confirmation
- ◇ Directions to start
- ◇ Glide Stick/anti chafing lotion
- ◇ Sunscreen/lip balm
- ◇ Hat/Visor
- ◇ Safety Pins
- ◇ Water Bottle with energy drink
- ◇ Timing Chip
- ◇ Toilet Paper
- ◇ iPod / Magazine / Newspaper

### Race:

- ◇ Shoes
- ◇ Socks
- ◇ Singlet/t-shirt (short/long sleeve depending on weather)
- ◇ Sports Bra
- ◇ Shorts/Running Tights
- ◇ Garmin or other Sports Watch
- ◇ Sunglasses
- ◇ Gloves
- ◇ Gels/Sports Drink
- ◇ Old clothes to wear to start and possibly toss before the race
- ◇ Bin Bag to wear if it is raining

### Post Race:

- ◇ Extra Socks
- ◇ Warm Tracksuit
- ◇ Waterproof Jacket
- ◇ Recovery Drink
- ◇ Food
- ◇ Towel
- ◇ Plastic Bag for dirty clothes