

## Packing List For an Out-of-Town Marathon

### Clothes

- Running Shoes
- Other sneakers/comfortable shoes
- 2 sports bras
- 2 running shorts
- 2 tank tops
- 1 long-sleeved running shirt (in case it's cool)
- Sweatshirt/jacket to wear immediately after the race
- Warm throwaway pants & sweatshirt
- 2 pairs of running socks
- 3 comfortable outfits to wear the day before, day of & day after the race
- Underwear
- Rain Gear

### Important Documents

- Driver's license/Passport/ID
- Race registration form
- Reservation confirmations
- Travel tickets
- Car pick-up confirmation
- Training Log/Race Day Plan

### Toiletries

- Body Glide
- Sunscreen
- Aquaphor
- Toothbrush, toothpaste, and floss
- Razor
- Lip balm
- Baby wipes
- Hand sanitizer
- Hair ties
- Headband/bobby pins/barrettes
- Band aids
- Deodorant
- Safety pins
- Wet wipes/Toilet paper (to take to the port-a-potties)

### Fuel

- Travel snacks (nut butter packets, fruit, Kind bars, etc)
- Gels/chomps
- Salt packet(s)
- Electrolyte tablets
- Post race recovery protein powder

## Accessories

- Arm-warmers
- Calf sleeves/compression socks
- Gloves
- Hat/Visor
- Sunglasses
- Handheld water bottle/hydration belt

## Electronics

- Phone
- Phone charger
- GPS watch
- GPS watch charger
- Earphones
- Ipod
- Ipod charger (if different from phone)

## Misc/Other (use the blank spaces to fill in any other items)

- Book
- Earplugs
- Pain reliever
- Trash bag (in case of rain or to sit on)
- Sharpie
- Duck tape/tape
- Travel size foam roller/tennis ball
- Insurance card
- Flip flops (to wear after the race)

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