



**RACE PAGE RUN CLUB**

## 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

### 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)

### Important Documents

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

### 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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