



## **ESSENTIALS**

- Race bib and safety pins
- Complete safety info on back of bib
- Timing chip (if not on your bib, attach to shoe)
- ID, cash, credit card, phone, car keys (consider what you may want vs need)

## **BEFORE THE RACE**

- Snacks/food (plan to eat an hour before your start time)
- Disposable clothes to stay warm at start line, extra layers
- Garbage bag or poncho, in case of rain
- Painkillers (if needed)

## **DURING THE RACE**

- Shoes, socks, apparel, hair tie
- Hat, sunscreen, chapstick, sunglasses
- Band-aids, tape
- Anti-chafing product
- Fuel
- Water bottle, water
- Watch or phone and app
- Music and headphones
- Storage belt

## **AFTER THE RACE**

- Towel for car
- Bag for bag drop
- Sandals or change of shoes
- Wipes
- Snacks/food
- Recovery drink
- Painkillers
- Warm, dry shirt and socks