

# The Ultimate Race Checklist



## Pre-Race & During

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- Running Shoes
- Shorts, Capris, Pants
- Energy Gels & Chews
- Spare socks, hat, visor
- Sunglasses
- Heart Rate Monitor
  - o If you trained w/one
- Race logistics printout/email
- Gear Check bag
- Band aids or athletic tape
- Meet up plan - friends, family
- Singlet and/or Sports Bra
- Throw Away Clothes
- Hydration system:
  - handheld, belt, vest
- Bodyglide, Sunscreen
- Watch, GPS, Charger
- Headphones
  - o If permitted in race
- Pace plan or schedule
- ID & race belt
- Bib # & timing chip

## Post-Race

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- Warm dry clothes
- Fresh socks & deodorant
- Towel & ice pack
- Recovery drink & water
- Compression socks
- Massage tool
- Sandals or comfy shoes
- Money for post race

## Extra Treats

- Your favorite beer, champagne, chocolate milk
- Reservations to your favorite restaurant
- Cookies!
- Massage appointment scheduled
- Camera for post race