

Race Packing List

Jog the Turn

Day before the race:

- Shoes
- Snacks
- Running Clothes - if you are getting a short run in the day before.
- Phone Charger
- Watch Charger
- Headphone Charger
- Map of the race course
- Race and Expo Information

Race Day

- Morning Food and Coffee
- Bib number and Safety Pins
- Hat/Hair Bands
- Phone/Hydration Belt
- Race Nutrition
- Headphones
- Phone
- Watch
- Sunglasses
- Shoes
- Socks
- Bra and Underwear
- Gloves
- Favorite Race Shorts
- Favorite Race Top
- Cold Weather Race Clothes
- Long Sleeve Cover Shirt or Throw away shirt incase of a cold start
- Body Glide
- First Aid Kit aka a little extra toilet paper

Post Race

- Meeting place for family
- Dry/Warm Clothes
- Extra Drinks/Snacks
- Plans to celebrate