

# Running Checklist

- Day Pack 800-1500 cu/inch- Look for light weight and an abundance of outside mesh pouches/pockets, and elastic tie downs.
- Flashlights or headlamp
- Extra garbage bags
- Mosquito repellent
- Extra batteries
- Blister care kit (Moleskin, second-skin, band-aids)
- Wound / sprain care kit (gloves, tape, antiseptic wipes, pre-wrap)
- Toilet paper
- Reflective tape
- Water bottle, like Camelback minimum of 70 oz cap, water fill up at aid stations.
- Paper towels
- Pepper spray
- Hand warmers
- Knife, 2.5"-(think small and light) or scissors
- Whistle

## Clothing -

- Shorts or other running bottoms, weather appropriate, top, undergarments, socks.
- Running shoes- Trail shoes if you are going off road; some people bring two pair
- Extra socks
- Between legs: Other non-running shoes, rain proof jacket, sunglasses, hat, gloves
- Post race: Warm-up pants, jacket, shirt, underwear, socks, bra
- Rain gear. Must have water-proof properties, taped or sealed seams
- If running multiple legs, place each legs' clothes in separate zip-lock bag and label which leg they are for. This really helps to keep your bag organized!!!
- If staying the night: recommend a full change of clothes for the next day.
- Space blanket

## Hygiene -

- Deodorant
- Hair brush/Comb
- Glasses / eye care
- Toothbrush & Paste
- Face cloth & Towel
- Lip balm
- Personal medications/hygiene items (Benadryl, Excedrin or Ibuprofen, Icy Hot, Vaseline)
- Antibacterial soap or hand wash
- Baby wipes
- Sunscreen

**Day of your leg:** Date and time for check in on each leg is on registration form. Be prepared at your checkpoint two (2) hours prior to anticipated arrival of incoming participants. Make your own travel arrangements to and from your checkpoint and your ending point.

**Check in:** Volunteers in RED shirts will be there to sign you in. Volunteer will tell you about your route and provide you with a map of the route.

**Check Out:** Volunteers in RED shirts will be there to sign you out. Be sure that you have checkout prior to leaving the relay checkpoint!