

Marathon Checklist

Items you may need for your race

For before the Race

Safety Pins
Directions to the Race + number pickup maps.yahoo.com
Sunscreen
Lip Balm
Money
Water Bottle/ Sports Drink
T.P.
Race Confirmation
ID
Lip Balm
Car/Room Keys
Breakfast
Phone
Gloves

For the Race

Gels (if you use them)
Bodyglide
Shoes (the ones you will race in)
Shorts
Singlet/T/LS (depending on weather)
Sports Bra
Socks
Watch
Sunglasses
Hat
Orthotics (if you wear them)
Band Aids/ Nip Guards

Post Race

Extra Socks
Extra Shirt, Long and Short
Food+water bottle (in case of long lines)
Jacket
Towel
Ibuprofen

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