



# HOLIDAY PACKING LIST FOR RUNNERS

## Pre-Race / Post-Race

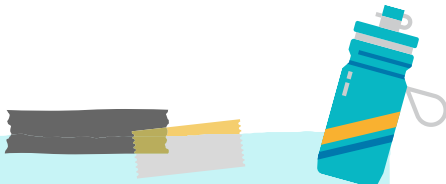
Date : \_\_\_\_\_ Destination : \_\_\_\_\_

### PRE-RACE Pack your preferred pre-race fuel

- Light Breakfast
- Protein Bar
- Nut Bar
- Energy Gel
- Electrolyte Drink
- Coffee
- Banana

### POST-RACE Pack your preferred post-race fuel

- |  |   |
|--|---|
| <input type="checkbox"/> Electrolyte Drink | <input type="checkbox"/> Warm Clothes     |
| <input type="checkbox"/> Protein Shake     | <input type="checkbox"/> Pain Relief Tabs |
| <input type="checkbox"/> Banana            | <input type="checkbox"/> First Aid Kit    |
| <input type="checkbox"/> Protein Bar       | <input type="checkbox"/> Foam Roller      |
| <input type="checkbox"/> Snack             | <input type="checkbox"/> Massage Gun      |
| <input type="checkbox"/>                   | <input type="checkbox"/>                  |
| <input type="checkbox"/>                   | <input type="checkbox"/>                  |



**NOTES :**

