



HOLIDAY PACKING LIST FOR RUNNERS

Race Day / Marathon

Date : _____ Destination : _____

CLOTHES

- Running Shoes
- Running Socks
- Running Shorts
- T-Shirt or Singlet
- Underwear
- Tights/Leggings
- Sports Bra

- Running Jacket
- Cap/Visor
- Thermal Layers
- Gloves
- Skins
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PERSONAL

- Sunscreen
- Body Glide/Lube
- Lip Balm
- Pain Relief Tabs
- Medications
- Menstrual Products
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RACE

- Bib / Race No
- Bib Safety Pins
- Event Ticket
- Nip Band-aids
- Emergency ID
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ACCESSORIES

- Sunglasses
- Water Bottle
- Running Belt
- Wrist Pouch
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ELECTRONICS

- Phone
- Sports Watch
- Earbuds
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NUTRITION

- Energy Gels
- Snacks / Chews
- Electrolytes
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NOTES :

- Pack Recovery Foam Roller if enough room
- Throwaway warm jumper to shed at race start
- Trim toe nails a couple of days before race

