



HOLIDAY PACKING LIST FOR RUNNERS

Recreational Runners

Date : _____ Destination : _____

CLOTHES

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

- Jacket/Raincoat
- Cap/Visor
- Thermal Layers
- Gloves
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PERSONAL

- Sunscreen
- Insect Repellent
- Lip Balm
- Medications
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TRAVEL

- Maps
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ACCESSORIES

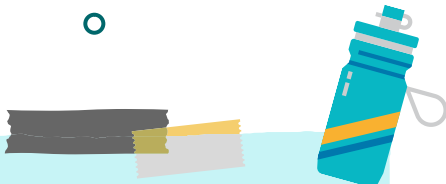
- Sunglasses
- Water Bottle
- Running Belt
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ELECTRONICS

- Phone
- Action Camera
- Headset/Earbud
- GPS Watch
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OTHER

- Cash
- Card
- Emergency ID
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NOTES :

