



# HOLIDAY PACKING LIST FOR RUNNERS

## Trail Runners

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

### CLOTHES

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

- Jacket/Raincoat
- 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
- Maps
- Emergency ID
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### ACCESSORIES

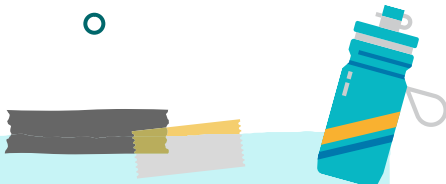
- Sunglasses
- Water Bottle
- Running Belt
- Water Backpack
- Wrist Pouch
- Running Poles
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### ELECTRONICS

- Phone
- GPS Sport Watch
- Headset/Earbud
- Headlamp
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### NUTRITION

- Energy Gels
- Snacks / Chews
- Electrolytes
- Electrolyte Drink
- Hydration



**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

