



# PACKING LIST FOR RUNNERS

## MARATHON & ROAD RACE DAY CHECKLIST

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

Event: \_\_\_\_\_

### CLOTHES

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

- Running Jacket
- Cap/Visor
- Thermal Layers
- Gloves
- Compression Gear
- 
- 

### PERSONAL

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

### RACE

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

### ACCESSORIES

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

### ELECTRONICS

- Phone
- Sports Watch
- Earbuds
- 
- 
- 

### NUTRITION

- Energy Gels
- Snacks / Chews
- Electrolytes
- 
- 

### 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





# PACKING LIST FOR RUNNERS

## TRAIL RUNNING ESSENTIALS CHECKLIST

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

Event : \_\_\_\_\_

### CLOTHES

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

- Jacket/Raincoat
- Cap/Visor
- Thermal Layers
- Gloves
- Compression Gear
- 
- 

### PERSONAL

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

### RACE

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

### ACCESSORIES

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

### ELECTRONICS

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

### 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





# PACKING LIST FOR RUNNERS

## PRE-RACE PREP + POST-RACE RECOVERY LIST

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:





# PACKING LIST FOR RUNNERS

## EVERYDAY RUN BAG CHECKLIST

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
- 
- 
- 

### PERSONAL

- Sunscreen
- Insect Repellant
- Lip Balm
- Medications
- 
- 
- 

### TRAVEL

- Maps
- 
- 
- 
- 
- 
- 

### ACCESSORIES

- Sunglasses
- Water Bottle
- Running Belt
- 
- 
- 
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### ELECTRONICS

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

### OTHER

- Cash
- Card
- Emergency ID
- 
- 

NOTES :

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# PACKING LIST FOR RUNNERS

## RUNNING TRAVEL & HOLIDAY PACKING GUIDE

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

Everything else apart from your Running Gear

### CLOTHES

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Pants / Shorts   | <input type="checkbox"/> Shoes/Boots    | <input type="checkbox"/> Sleepwear           |
| <input type="checkbox"/> Shirts / Tops    | <input type="checkbox"/> Socks / Tights | <input type="checkbox"/> Jacket / Coat       |
| <input type="checkbox"/> Underwear/Bras   | <input type="checkbox"/> Cap/Hat/Visor  | <input type="checkbox"/> Gloves/Scarves      |
| <input type="checkbox"/> Jumper/Sweater   | <input type="checkbox"/> Gym Gear       | <input type="checkbox"/> Thongs (Flip-flops) |
| <input type="checkbox"/> Dresses/Skirts   | <input type="checkbox"/> Swimmers       | <input type="checkbox"/>                     |
| <input type="checkbox"/> Suit/Formal Wear | <input type="checkbox"/> Belt / Tie     | <input type="checkbox"/>                     |
| <input type="checkbox"/> Raincoat/Brolly  | <input type="checkbox"/> Staff Uniform  | <input type="checkbox"/>                     |

### PERSONAL

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Shampoo/Cond       | <input type="checkbox"/> Shave Gear       | <input type="checkbox"/> Vitamins             |
| <input type="checkbox"/> Sunscreen          | <input type="checkbox"/> Tweezers         | <input type="checkbox"/> Hair Gel/Spray       |
| <input type="checkbox"/> Medications        | <input type="checkbox"/> Nail Clippers    | <input type="checkbox"/> First Aid Kit        |
| <input type="checkbox"/> Moisturiser/Creams | <input type="checkbox"/> Deodorant        | <input type="checkbox"/> Travel Sickness Tabs |
| <input type="checkbox"/> Pain Relief Tabs   | <input type="checkbox"/> Powder           | <input type="checkbox"/> Hair Brush           |
| <input type="checkbox"/> Band-aids          | <input type="checkbox"/> Toothbrush/Paste | <input type="checkbox"/> Makeup               |
| <input type="checkbox"/> Tissues            | <input type="checkbox"/> Lip Balm         | <input type="checkbox"/> Birth Control        |

- Menstrual Products
- Soap
- Hand Sanitizer
- Face Masks
- Toiletries Bag

### NOTES :

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# PACKING LIST FOR RUNNERS

## RUNNING TRAVEL & HOLIDAY PACKING GUIDE

page 2

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

Everything else apart from your Running Gear

### ELECTRONICS

- Mobile Phone
- Drone
- Tablet/Computer
- Airline Audio Plug
- Chargers
- Torch
- Electrical Adaptors
- Action Camera
- Sims/Sim Tools
- Tripod/Selfie Stick
- Powerpacks
- Memory Cards
- Headset/Earphone
- E-Book Reader

### ACCESSORIES

- Glasses/Cleaners
- Duct Tape
- Sunglasses
- Pen and Paper
- Travel Pillow
- Backpack
- Water Bottle
- Baggage Locks
- Snacks/Coffee
- Keys
- Sewing Kit
- 
- Plastic Bags
- 

### TRAVEL/OTHER

- Cash / Cards
- Foreign Currency
- Travel Tickets
- Passport/Visa
- Event Tickets
- Licences/ID
- Insurance Details

- Wallet/Purse/Bag
- Maps
- Itinerary
- Books
- 

### NOTES :

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