



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
-
-
-
-

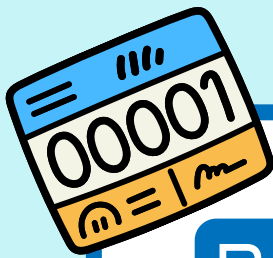
NUTRITION

- 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 : _____

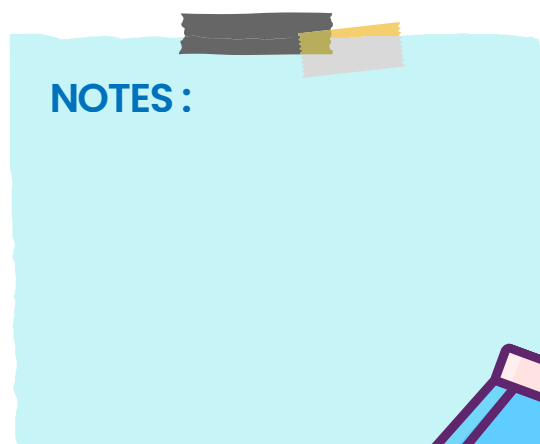
PRE-RACE Pack your preferred pre-race fuel

- 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
-
-
-
-

ELECTRONICS

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

OTHER

- Cash
- Card
- Emergency ID
-
-

NOTES :





PACKING LIST FOR RUNNERS

RUNNING TRAVEL & HOLIDAY PACKING GUIDE

page 1

Date : _____ Destination : _____

Everything else apart from your Running Gear

CLOTHES

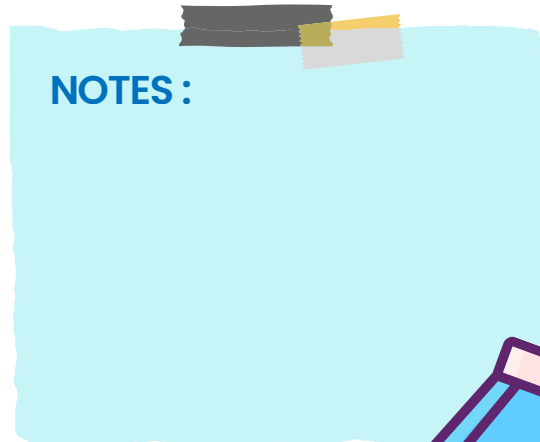
- | | | |
|---|---|--|
| <input type="checkbox"/> Pants / Shorts | <input type="checkbox"/> Shoes/Boots | <input type="checkbox"/> Sleepwear |
| <input type="checkbox"/> Shirts / Tops | <input type="checkbox"/> Socks / Tights | <input type="checkbox"/> Jacket / Coat |
| <input type="checkbox"/> Underwear/Bras | <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"/> |

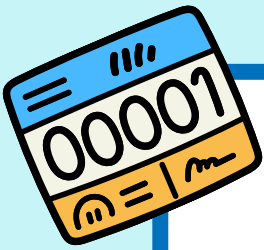
PERSONAL

- | | | |
|---|---|---|
| <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 :





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 :

