

# MARATHON GEAR CHECKLIST

THE FOLLOWING IS A LIST OF ALL POTENTIAL GEAR REQUIREMENTS FOR RACE DAY:

ITEM	MARK IF READY
RUNNING SHOES	
SHORTS OR LEGGINGS	
GPS DEVICE	
CALF SLEEVES	
SHIRT	
SOCKS	
HAT	
SUNGLASSES	
RUNNING BRA	
GLOVES, IF COLD	
RUNNING VEST OR PACK	
EXTRA CLOTHING LAYER, IF REQUIRED	
SUNCREAM	
LUBRICANT / ANTI-CHAFE CREAM	
RACE BIB & SAFETY PINS	
GELS, DRINKS, SNACKS	
MEDICATION	
MOBILE PHONE (+ HEADPHONES)	
MONEY	
WET WIPES / TOILET PAPER	
BUFF	
KEYS	