



## Marathon Packing List, From Head to Toe

### First off, don't forget to charge your electronic devices:

Cell Phone    Camera    GPS Watch (and clear old data so it doesn't fill up)    iPod (and Finalize playlist)

### Now, let's start at the top of your head and work your way down to your toes!

#### Head:

Visor, Hat, Headband

Hairclips, Bobby Pins, Barrettes

Glasses / Sunglasses / Contact Lenses

Earphones / iPod

#### Neck:

Jewelry (though you might want to keep that to a minimum)

#### Torso:

Singlet / Shirt(s) in layers

Sports Bra

Band-Aids or Nip Guards

#### Arms, Wrists, Hands:

Arm bands or Compression Sleeves

GPS or other Watch / Heart Rate Monitor

Pacing Wristbands

Other Jewelry

Gloves

#### Waist: Legs and Calves:

Sweat pants or throw-away pants

Underwear, Shorts, Tights

Compression socks

#### Feet:

Socks

Running Shoes

#### Food, Drink:

Gu's, Gels, Pretzels, Beans, etc

Sports Drink or Water

Chapstick

#### Storage / Other:

Fanny pack, Hydration Belt, or Camel back

Headlamp or Safety lights

Identification / Road ID

Camera

#### For BEFORE the Race:

Packet Pickup info

Throw-away clothes (jacket/sweatshirt, Pants/Sweats)

Race Bib and Timing Chip, Safety Pins or Race Dots

Blankets

Bag check ticket

Sunblock

Body Glide

Toilet Paper

Pre-race snacks

Heat Packets

Medications

Trash bags

Race Route

#### For AFTER the Race:

Dry / Extra clothing, jacket or blanket

Flip flops or dry shoes

Cash or Credit Card

Any special food or drinks

Car or House Keys

Foam Roller