



# Marathon Running Gear Checklist



## → The Essentials

- ☐ Identification (driver license or passport)
- ☐ Race entry information
- ☐ Timing chip
- ☐ Bib number
- ☐ Cellphone
- ☐ Money
- ☐ Any prescription medication

## → Running Gear

- ☐ Running shoes
- ☐ Running clothes
- ☐ Socks
- ☐ Safety pins to pin bib number to your shirt
- ☐ Food for during the race
- ☐ Jacket

## → Accessories & Extras

- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Gloves
- ☐ Hat
- ☐ Vaseline and anti-chafing products
- ☐ Band-Aids and pain relievers
- ☐ Massage oil

## → Before and After the Race

- ☐ Raincoat or poncho before the race
- ☐ Warm top and bottom for before and after the race
- ☐ Drinks and food after the race
- ☐ Towel
- ☐ Bag for Gear
- ☐ Music player and earphones

