

Betsy's Packing Checklist

for out-of-town marathon and endurance events

Vital Stuff (hand carry this bag)

- Running bag
- Shorts or tights
- T-shirt or singlet
- Running socks
- Running shoes
- Hand towel
- Water bottle
- Bib magnets/boards
- Sports Bra for women, Nip Guards® for men
- Running belt/pouch
- Running gloves
- Body Glide®
- Cell phone & change
- Change of clothes for post race
- Wipes
- Garmin /watch
- First aid & blister supplies
- Nutrition: Clif Bars, GU, Clif Shots, etc. (What you are used to)
- Lip balm
- Prescription meds
- Race confirmation
- Boarding pass
- Show/event tickets
- Hotel name, address & phone number
- Credit cards
- Cash, including \$1 bills for tips
- Passport (if overseas)

The Other Stuff

- Coat
- Hat
- PJ's
- Sweater
- Gloves
- Glasses, sunglasses, contacts & contact lens supplies
- Pants/skirt/dress
- Reading material/guide books
- Shirt/blouse
- Woolite for in-room laundry
- Socks
- Shoes
- Plastic bags for ice packs & laundry
- Running lights
- Extra running shoes & outfits for workouts
- Cosmetics/shave gear
- Food/gum/drinks
- Shampoo & hair care products
- Toothbrush & toothpaste

Miscellaneous

- [illegible]