

# RACE DAY CHECKLIST



## GEAR

- ☐ Running shoes
- ☐ Socks (test-driven, blister free pair)
- ☐ Race outfit
- ☐ Throwaway layers
- ☐ Hat/visor or headband
- ☐ Sunglasses (+ sunglass strap)
- ☐ GPS watch or fitness tracker
- ☐ Race bib + safety pins/bib belt
- ☐ Running belt or hydration vest

## FUEL & HYDRATION

- ☐ Water bottle/handheld/hydration pack
- ☐ Energy gels/chews/blocks
- ☐ Electrolyte drink or tablets
- ☐ Salt tablets (if using)
- ☐ Pre-race snack (banana, toast, etc.)
- ☐ Caffeine
- ☐ Post-race snack or protein bar

## COMFORT & RECOVERY

- ☐ Sunscreen
- ☐ Anti-chafing balm (apply before!)
- ☐ Tissues/wipes
- ☐ Band-Aids or blister patches
- ☐ Pain reliever (for after)
- ☐ Change of clothes
- ☐ Flip flops or recovery shoes
- ☐ Towel + deodorant
- ☐ Facial spray
- ☐ Foam roller/massage ball

## TECH & ENTERTAINMENT

- ☐ Headphones (+ charger!)
- ☐ Phone (+charger!)
- ☐ Portable charger (optional)
- ☐ Playlist or podcast/audiobook downloaded
- ☐ Emergency contact info saved

## LOGISTICS

- ☐ Race confirmation + bib number
- ☐ Parking or shuttle plan
- ☐ Final weather check / outfit adjustment

---

Visualize that finish, trust your training, and make sure you smile for those race photos!  
You got this!

---