

# Race Day Kit: What to Bring to Your Next Race

*by Angie Spencer*

- Pre-race Gear and Information.** Race confirmation number, any paperwork needed to pick up packet, flight confirmation, hotel info, rental car info, ID/passport, insurance cards, directions to expo and start line, parking info or ticket, snacks, alarm clock, sound machine/ear plugs, pillow, prescription meds/vitamins, pre-race food if needed, and disposable water bottle.
- Throw-Away Gear** (depending on temp). Warm hat, gloves, long sleeve throw away shirt, pants. For rain a large black garbage bag, plastic shoe covers or even an old pair of shoes. Toilet paper in case the port-a-pots are out.
- Gear Bag** (if the race doesn't provide a bag for gear check) + plastic bag for wet clothes & shoes.
- Pre-race comfort.** Sunscreen (to all exposed body parts), Body Glide® (I use Trail Toes®) + carry Aquaphor® or lip balm. Band Aids® or Nip Guards®.
- Bib** with safety pins or other holder + timing chip if separate from bib.

- Race shoes** with orthotics if needed, these should be tested and already have a few miles on them.
- Running clothes** (this will depend on the weather and your preferences). I wear pretty much the same outfit for every marathon so that makes it very easy: running skirt (shorts, capris, tights, pants), tech top (singlet, short sleeved, long sleeved), light jacket for rain or cold, socks, sports bra and any undergarments that you prefer, hat/visor/band, ponytail holder.
- Watch** (and charger). Make sure it's charged the night before.
- Other optional gear.** Compression sleeves, arm sleeves, Road ID, smartphone/holder, iPod/holder, headphones, sunglasses, feminine hygiene products, pace band.
- Fuel** (with holder whether it's a hand-held, waist pack/belt, hydration pack). I always take 2 baggies of Generation UCAN® + 8 oz bottle + shaker bottle; electrolytes and any other pre-race supplements in a little bag.
- Post-Race Change Clothes.** Undress (for discreetly changing), compression pants, clean underwear, socks, shirt, jacket, flip flops or other shoes. Towel or wet wipes. Kleenex. Money for food post-race or taxi ride. Recovery drink or bar that you'll want post-race.