

Running Kit

DROP BAG & POST-RACE CHECKLIST



Race: _____

Race Date: _____

Drop Bag

- | | |
|---|---|
| <input type="checkbox"/> Fresh Clothes | Change into a clean shirt / socks / shorts / shoes, your preference |
| <input type="checkbox"/> Warm Clothing | Check the weather, or running into the night |
| <input type="checkbox"/> Puffer / Puffy / Quilted Jacket | Stay warm at aid station |
| <input type="checkbox"/> Anti-Chafe / Lube | Reapply, generously |
| <input type="checkbox"/> Sunscreen / Sunblock | Reapply, generously |
| <input type="checkbox"/> Nutrition Restock | Gels, powders, bars, salt tabs |
| <input type="checkbox"/> Portable Battery Pack | Ideally 7,000mAh+ to recharge phone, watch, headlamp, etc. |
| <input type="checkbox"/> iPhone / Micro USB / Watch Cables | For recharging all electronics |
| <input type="checkbox"/> Headlamp Spare Battery | Swap out if needed |
| <input type="checkbox"/> Ziplock Bags | Keep everything in the bag dry and fresh |
| <input type="checkbox"/> Mosquito / Insect Repellant | Apply if needed |
| <input type="checkbox"/> Medical Tape / Kinesio Tape / Toe Tape | Reapply if needed |
| <input type="checkbox"/> Toothbrush & Toothpaste | The quickest way to feel refreshed & ready to hit the trails again |
| <input type="checkbox"/> Dental Floss | Finally get rid of that orange segment stuck in the teeth |
| <input type="checkbox"/> Solid Food | Some home comfort or power food |
| <input type="checkbox"/> Plasters / Band-aids | Restock med kit if needed |
| <input type="checkbox"/> Spare Running Pack | For the rare occasion a strap or zip breaks |
| <input type="checkbox"/> Spare Headphones | In case of broken cables, ear phones, dead battery |

Post-Race

- | | |
|---|--|
| <input type="checkbox"/> Post-Race Recovery Shake | Recovery starts straight away, preferably before beers |
| <input type="checkbox"/> Flip Flops | After hours on the road your feet will need some freedom |
| <input type="checkbox"/> Recovery Socks | Compression socks will help recovery |
| <input type="checkbox"/> Foam Roller / Muscle Roller / TheraGun | Not straight away, but before bed and definitely the next day |
| <input type="checkbox"/> Camping Towel & Soap | For the showers, or wear the smell of the run as a badge of victory! |

Notes: what worked, what didn't, what's missing?

The logo for 'float' is repeated at the bottom right of the page, featuring the same stylized runner and the word 'float' in lowercase.