

# Running Kit

## EXTENSIVE CHECKLIST



Race: \_\_\_\_\_

Race Date: \_\_\_\_\_

### Kit: Must Haves

- Running Pack
- Mobile Phone Fully Charged
- Survival Blanket / Space Blanket
- Whistle
- Headlamp + Spare Batteries
- Red Rear Light
- Trekking Poles
- Medical Kit (see below)
- GPX Watch: Garmin / Suunto / Coros
- Portable Battery Pack
- iPhone / Garmin / Micro USB Cables
- Waterproof Mobile Phone Pouch
- Waterproof Pouch for Dry Clothing
- Running Waistbelt
- Crampons
- Rain Cover for Running Pack

### Kit: Nice to Haves

- Cash Reserve (\$20)
- Debit / Credit Card
- Travel Card
- Sunglasses + Pouch
- Sunscreen / Sunblock
- Medical Tape / Kinesio Tape / Toe Tape
- Headphones
- Shoe Laces
- Lip Balm
- Anti Chafe / Lube / Squirrels Nut Butter
- Tampons
- Spare Contact Lenses
- Wet Wipes
- Lifestraw / Water Purification Tabs
- Toothbrush & Toothpaste
- Dental Floss

### Clothing

- Running / Trail Shoes
- Running / Trail Socks
- Race Technical T-shirt
- Thermal Long Sleeve Shirt
- Gilet / Vest / Sleeveless Jacket
- Shorts
- Thermal Leggings
- Waterproof Jacket
- Waterproof Pants
- Head & Neck Protection (Cap, Peak, Beanie)
- Buffs x 2
- Gloves
- Calf Socks / Arm Sleeves
- Poncho (for Extreme Weather Races)

### Nutrition

- Hydration System (Water Bottles 500ml x 2)
- Spare Water Bottle 500ml x 1 or Bladder
- Plastic Eco Cup
- Nutrition: Gels, Powders, Bars
- Salt Tabs

### Medical Kit

- Plaster / Bandaid Assortment
- Bandage x 2 (fixed & stretchable)
- Gauze Pads / Cotton Wool
- Anti-bacterial Cream
- Anti-bacterial / Alcohol Wipes
- Ibuprofen
- Medical Tape / Kinesio Tape / Toe Tape
- Safety Pins
- Small Scissors
- Tweezers
- Butterfly Bandages / Moleskin

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

