

# Race day checklist

Take some time the week before your race to go through the list below and make sure that you have everything that you need to nail your race.

- This gives you a tick list for everything that you need to pack in your kit bag and wear for race day.
- It will highlight if you're missing anything, and it will give you enough time to go out and get it.
- It will give you something to do in taper week when your runs are a little bit shorter and you've got a bit more time on your hands.
- It will help you calm your nerves.

Item	Got it
Race Vest/T-shirt	
Race Shorts	
Sports Bra (for the Girls)	
Race Socks	
Race Shoes	
Running nutrition	
Running belt/race vest	
Cap	
Sunglasses	
Glitter	
Watch	
Warm top	
Anti Chafe	

Sunscreen	
Hairband	
Race bib	
Safety pins	
Nipple tape (for the boys)	
<b>Cold/Wet Weather Kit</b>	<b>Got it</b>
Gloves	
Waterproof and or warm jacket	
Tights	
Long top	
<b>Post Race</b>	<b>Got it</b>
Bag to put wet kit in	
Change of kit Inc. socks and underwear	
Recovery drink/snacks	
Sliders	
Towel	
Deoderant	
Money/bank card	

