

# Ultra marathon race day check list



## On you

- Base layers
- Running clothes
- Race Number
- Sun Hat
- Suncream
- Apply Anti Chafe balm
- Socks
- Broken in Trail shoes
- Watch (with maps loaded)
- Multi wrap (buff)
- Sunglasses (weather dependant)

## In your Race vest

- Waterproof jacket (min 10,000mm)
- Long sleeve base layer
- Emergency blanket or bivvy bag
- Primary headlamp
- Back up headlamp
- Gloves
- Warm hat / buff
- Fully charges mobile phone
- Basic first aid kit
- Poles (if using)
- Extra sun cream
- Nutrition
- Salt tabs or electrolyte mix
- Extra anti chafe balm
- Emergency toilet kit (wipes etc. in zip lock)

## Post Race

- Warm comfortable clothes
- Sliders of comfortable shoes
- Baby wipes (to clean up a bit)
- Snacks
- Hydration and recovery shake
- Battery pack (if needed to charge stuff)

## Drop bag(s)

(depends on how many drop bag points)

- Spare socks
- Spare shoes
- Spare hat
- Spare base layers
- Spare waterproof jacket (min 10,000mm)
- Blister kit
- Anti chafe balm
- Electrolytes / salt tabs
- Spare headlamp batteries
- Nutrition for next stage
- Your favourite treats (motivation)
- Battery pack (if needed to charge stuff)
- Spare soft flask (just in case one breaks)

## Crew essentials

- Directions to crew points
- Predicted pacing plan / tracker details
- Lights, chairs, food and drink supplies
- To serve the cranky runners needs!

*"It's not where you take the trail... It's where the trail takes you"*