

Running Pre-Race Checklist

General/Pre-Race

USATF Member Card	Sports Watch	Backpack/Bag	First Aid Kit
ID	Race Belt	Sunscreen	Toilet Paper
Money	Race Number & Timing Chip	Anti-Chafing Product	Elastic Hair Band
Keys	Phone	Pre-Race Nutrition	

Run

Running Clothes (top, running shorts, sports bra)	Sunglasses	Socks
Running Shoes	Hydration Belt	
Hat/Visor	Race Nutrition & Electrolytes	

Post-Race

Post-Race Recovery Nutrition	Post-Race Clothes
Towel	Comfy Post-Race Shoes/Sandals