

# MARATHON & HALF MARATHON

## Race Day Checklist

EVERYTHING YOU NEED FROM TOP TO BOTTOM

### PRE-RACE

### RACE DAY

### POST-RACE

- Food
- Coffee / Spark
- Water bottle
- Directions/Map
- Check bag
- Bib/Safety pins
- Chargers:  
phone/music/watch
- Plan to meet up  
w family/friends
- Check weather
- Set race goals
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- Hair ties
- Visor / Hat
- Sunglasses
- Sunblock
- Sports bra
- Top
- Bottoms
- Socks
- Shoes
- Race Belt
- Phone
- Watch
- Headphones
- Anti-chafe
- Fuel/Hydration
- Race bib/number
- Throw away gear
- \_\_\_\_\_

- Post-race bag:
- Change of clothes
- Flip-flops or comfy  
shoes
- Recovery drink
- Snacks
- Towel
- Band-aids/Other
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_