

The Complete Running Gear Travel Checklist

Everything you may need for the trip, the race, and the recovery afterward.

Race Essentials

- Travel documents for the race registration, hotel reservations and car rental
- Travel insurance documents
- Directions to the race, plus a race course map
- Race bib and safety pins
- Timing device
- Running shoes with extra laces
- Multiple pairs of high-performance socks
- Multiple pairs of compression socks
- Running shorts or leggings
- Performance underwear
- Sports bra
- Moisture-wicking shirt
- Sweatshirt
- Lightweight rain jacket
- Sun visor and/or non-slip sunglasses
- Running headband or ponytail holder
- Bandanna
- Sunscreen
- Lip balm with SPF
- BodyGlide or other anti-chafing ointment
- Nipple guards or tape
- Moleskin, plasters or other blister covering
- Wet wipes
- Imodium/antacids
- FitBit, GPS watch or other fitness tracker
- Phone
- Music player with headphones
- Energy gel and/or energy bars
- Drink powder
- Waistbelt to stash your snacks

- Hydration gear
- Lucky charm
- Plastic bag for wet and dirty clothes
- Approved bag or backpack

Gear for Cold Weather and Ultra - marathons

- Lightweight gloves and a hat
- Face mask and/or neck warmer
- Multiple pairs of high-quality socks
- A second pair of shoes
- Space blanket
- Headlamp with extra batteries
- GoPro or other sports camera
- Very comfortable backpack
- Drop bags
- Salt/potassium/electrolyte tablets
- Pain relievers
- Ace bandages, bandages, band-aids and other first aid supplies
- A blister kit with a sterilized needle and bandages
- Kool 'N Fit instant pain relief spray
- Toilet paper
- Tecnu skin cleanser
- Insect repellent
- Goggles, earplugs, knee pads and sleeves for mud runs
- Food you actually like

Recovery Gear

- Flip-flops
- Carb- and protein-rich snacks to help your body recover
- Comfy pajamas
- Compression socks
- Foam roller
- Street clothes
- Toiletries