Get Ready for Race Day with This Complete Marathon Checklist

Marathon training means long runs, early mornings, and plenty of sacrifice along the way. So, when it comes down to the big day, make sure you're ready with the right marathon gear.



Marathon Item Checklist

- [ ] Tank top, short sleeve shirt, or long sleeve shirt, as dictated by race-day weather, made from moisture-wicking fabrics, such as polyester or poly-blends
- [ ] Shorts or cropped pants, also made of moisture-wicking material
- [ ] Sports bra
- [ ] Socks made from a wicking material
- [ ] Tried and tested running shoes
- [ ] Hat or visor
- [ ] Sunglasses
- [ ] Sunscreen
- [ ] Petroleum jelly, body glide, or other anti-chafing lotion
- [ ] Lip balm with sunscreen
- [ ] GPS watch if you use one (make sure to charge it the night before)
- [ ] Gels or sports drink if you have been training with them
- [ ] Throw-away shirt/pants to stay warm at the start
- [ ] Adhesive bandages/nip guards

- [ ] Safety pins
- [ ] Race bib with emergency contact information filled out

Things to Put in Your Marathon Gear-Check Bag

- [ ] Sandals or flip-flops so you can take your running shoes off when you're done
- [ ] Your preferred post-race sports drink or snack
- [ ] Wet wipes to get the gritty salt feeling off of your face
- [ ] Change of clothes
- [ ] Towel, if rain is in the forecast

Packing Tips for Marathon Race Day

- [ ] Lay out your race day clothes ahead of time — this will help you to not forget anything in the morning, especially if you are feeling nervous about the race.
- [ ] Try not to spend too much time on your feet walking around the marathon expo.
- [ ] Eat dinner earlier than usual the night before the race and try to go to bed early.
- [ ] Set your alarm for the morning to give yourself enough time to eat breakfast and only eat something that you have already tested and has worked well for you in the past — nothing new on race day.
- [ ] Arrive early to the race start so that you can use the bathroom, get in your corral, and find your pacer.
- [ ] Don't forget to breathe and have fun. Relish in your accomplishment.

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