YOUR CHECKLIST TO MARATHON RUNNING GEAR

With your marathon approaching, you'll have lots of preparation to do, and that includes the practicalities of what gear to bring to the race. Here is a simple checklist to help you avoid any last-minute disasters and make sure you appear at the starting line confident and prepared.



THE ESSENTIALS

- [ ] Bib number
- [ ] Timing chip
- [ ] Race entry information (location, bib number pick-up, etc.)
- [ ] Identification (passport or driving licence)
- [ ] Money (bring bills not change)
- [ ] Cellphone
- [ ] Any prescription medication

MARATHON RUNNING GEAR

- [ ] Shoes (your best running shoes for long distances)
- [ ] Socks
- [ ] Shorts or running tights
- [ ] Running top
- [ ] Jacket
- [ ] Safety pins (to pin on your bib)

- [ ] Food for during the race

EXTRAS (DEPENDING ON THE WEATHER):

- [ ] Hat
- [ ] Gloves
- [ ] Sunglasses
- [ ] Sunscreen

BEFORE AND AFTER THE RACE

- [ ] Rain coat, poncho or bin bag for staying dry before the start
- [ ] Warm top and bottom for before and after the race
- [ ] Drinks and food for after the race
- [ ] Towel
- [ ] Bag for all your gear
- [ ] Music player and earphones

PERSONAL CARE

- [ ] Vaseline and other anti-chafing products
- [ ] Tissues
- [ ] Band-Aids
- [ ] Massage oil
- [ ] Pain relievers

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