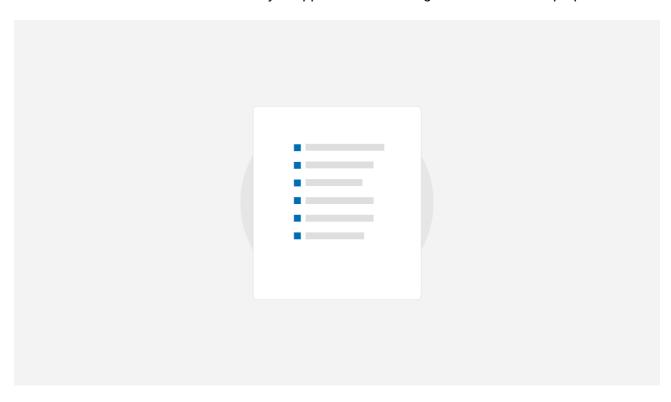
YOUR CHECKLIST TO MARATHON RUNNING GEAR

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	Make and Share Free Checklists checkli.com
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