



Relay Packing List

Clothing -

Tips: Place each leg's clothes in separate Ziplock bag and label which leg they are for. This really helps to keep your bag organized, and it gives you a place to put your dirty clothes when your leg is completed.

Don't forget that you will be outside during the night legs. Many relays at elevation will have hot days and cold nights, so don't forget the appropriate gear to keep you warm.

- 1st leg – shorts or other running bottoms (weather appropriate), top, sports bra, underwear, socks
- 2nd leg – shorts or other running bottoms (weather appropriate), top, sports bra, underwear, socks
- 3rd leg – shorts or other running bottoms (weather appropriate), top, sports bra, underwear, socks
- All legs: running shoes (you may want trail shoes if you are going to be on a trail; some people like to bring two pair)
- Between legs: Flip flops or other non-running shoes, rain proof jacket, sunglasses, hat, gloves.
- Post race: Warmup pants, jacket, shirt, underwear, socks, bra
- If staying somewhere Saturday night: full change of clothes for the next day, swimming suit if there is a hot tub or swimming pool
- Costume materials

Health & Beauty Aides

- Deodorant
- BodyGlide
- Make-up (?)
- Hair brush/Comb
- Glasses / eye care
- Toothbrush & Paste
- Face cloth & towel
- Soap, shampoo, conditioner
- Sunscreen
- Band aids, blister care if you are prone
- Lip balm
- Personal medications/hygiene items

- Little Hotties (handwarmers)
- Small roll of T.P.

Food Items

Tips: Bring a variety of foods. Often what sounds good when you are packing doesn't sound good once you've been running for awhile. Some teams opt to bring team food and share, while others will do their own thing. Check with your team and find out what kind of space you have in a cooler or if you should bring your own small one. How much space you have in your race vehicle matters.

- Meals - consider which major meals you will be in the van for, and plan to bring something filling for each.
- Snacks – protein (peanuts, string cheese), carbs (bananas, bagels), sugar (red vines, cookies)
- Drinks – Sports drink (with electrolytes), water

General Items

Tips: Find out what kind of vehicle you will be riding in. If you are squeezing in to a minivan, plan on bringing less than if you have a 12 passenger van to spread out in.

- Sleeping bag & pillow
- Blanket (especially if forecast calls for cold weather at night – wrap up while you are cheering on your runner)
- Music/ Ipod
- Flashlight, headlamp or waist lightbelt
- Reflective vest (if you aren't sharing)
- Spending money
- Alarm clock
- Driver's license, bank card
- Batteries for flashlight, music
- Camera
- Writing pen or pencil
- Garmin/ training tool
- Cell phone
- Ear plugs, sleep eye covers or industrial strength ear protection
- Wallet
- Music CDs for vans or Ipod car adapter
- Large trash bag – emergency rain poncho & great for cleanup