## MY RACE DAY CHECKLIST

### THE RACE

#### ESSENTIALS

- Bib number
- Timing chip
- Race entry information
  for locations, number pick-up, etc.
- Identification
  passport
- Cash
  in notes
- Phone
- Prescription medication

#### RACE GEAR

- Shoes
- Socks
- Shorts / running tights
- Sports bra
- Top
- Jacket
- Safety pins
  to pin on your bib
- Gels / food
  for during the race

### PREPARATION & RECUPERATION

#### BEFORE

- Rain coat / poncho / bin bag
  for staying dry before the start
- Old throw-away clothes
  for staying warm before the start
- Bag for the baggage truck
- Music player & earphones

#### PERSONAL CARE

- Vaseline
  or other anti-chafe
- Tissues
- Band-aids
- Massage oil
- Pain relievers

#### AFTER

- Warm top & bottom
  for staying warm after the race
- Drink & food
  post-race
- Towel

#### EXTRAS

- Depending on the weather
- Hats
- Gloves
- Sunglasses
- Sunscreen

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And remember...

GOOD LUCK!

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Do you train with My ASICS? Don’t forget to log your race! my.asics.co.uk