



## RACE DAY CHECKLIST

### Mandatory

- 4 headlamps or flashlights
- 12 reflective vests
- 4 LED tail/butt lights
- 1 Race Bible per vehicle

### Supplies

- Blankets
- Sleeping bags
- Pillows
- Ground cover (this mainly applies to the Del Sol as there isn't much grass)
- One first-aid kit per vehicle - instant cold packs, mole skin, tape, ace bandages, band aids, pain pills, etc.
- GPS if you own a unit this can help.
- Laminated directory with everyone's cell phone numbers (have a copy to keep in the van and one that the runner can carry in case they get lost)
- Personal, Medical and Contact information for each runner (to be kept in the van that they are in)

### Food

- Bagels
- Fruit
- Energy Bars
- Salty foods (i.e. chips peanuts etc.)
- Lots of water
- Sports drink

### Each runner should bring the following:

- Warm coat
- Running jacket
- Sweat pants
- Two pairs of shorts
- Three shirts
- Change of underwear
- 3 or 4 pairs of socks
- Toothbrush
- Toothpaste
- Running shoes
- Comfortable shoes
- Any medications

### Fun Stuff

- Blow horn
- Cow bells
- Frisbees
- Rubber chickens
- Van decorations
- Costumes
- Noise makers
- Candy
- Music
- Hula hoops
- Other Fun Stuff