



RECOMMENDED PACKING LIST:

- Three sets of running/walking clothes
- Running/walking shoes
- Spare running/walking shoes
- Spare shoe laces
- Change of clothes for beach
- Swimsuit
- Gloves for running/walking
- Sandals
- Sunglasses, glasses, contact lense solution
- Towel, washcloth (shampoo, hairbrush)
- Toothbrush/toothpaste
- Deodorant
- First aid (blister/band aids, Icy Hot, aspirin, antacids)
- Instant Ice Packs, ace bandages
- Sleeping bag/ small pillow
- Toiletries
- Food, snacks (Gu, Powerbars), beverages
- Reflective vest (for night time legs)
- Flashlight (for night time legs)
- Warm-ups (for in between legs)
- Plastic Bags/Ziploc bags for wet clothes
- Handy Wipes, antibacterial
- Extra Batteries (rechargeable)
- Cell phone/charger
- Sleeping bag cushion
- Hat w/ headlight (HTC Store), or LED headlight
- Extra copy of race handbook
- Tape (to tape race numbers in van windows)
- Water
- Sunscreen
- Ear plugs
- Camera/charger

(We highly discourage the use of Ipods/MP3 players)