

***running
lab***

***Half Marathon &
Marathon Checklist***

Pre-Race

- Identification
- Race Information
- Parking Directions
- Race Map

Race

- Running Shoe
- Running Socks
- Running Apparel
- Compression Garment
- Running / GPS Watch
- Hydration Belt
- Running Belt
- Energy Gel & Nutrition
- Sports Electrolyte Drink
- Kinesiology Tape
- Anti-Chafing Lubricant
- Headband / Cap / Visor
- Sports Towel
- Headphones
- Race Bib & Safety Pin
- Sunscreen

Post Race

- Muscle Cream / Spray
- Recovery Drink
- Comfortable Clothes / Flip Flops
- Body Wipes
- Money
- Mobile Phone (Charged)
- Shower Gel
- Victory Smile

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Items in bold are available for purchase at Running Lab

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