



Race Day Checklist:

Essential items for your marathon bag

PRE-RACE ESSENTIALS

- **Race Number & Timing Chip:** Ensure your number is securely attached with safety pins.
- **Baggage Label:** Affix to your clear plastic drop bag.
- **Chafe Balm/Vaseline:** Apply to areas prone to chafing.
- **Hand Sanitiser:** Keep your hands clean before the race.
- **Spare Hair Ties:** Stay hair-tangle free.
- **Tissues:** Handy for any last-minute needs.
- **Sun Cream:** Protect your skin if it's sunny.

HYDRATION & NUTRITION

- **Water Bottle:** Stay hydrated before the race starts.
- **Energy Snacks:** Gels, bars, or fruit for a quick energy boost.

CLOTHING & COMFORT

- **Running Shoes:** Ensure they're broken in but not worn out.
- **Running Outfit:** Check the weather for appropriate gear.
- **Light Raincoat or Poncho:** Be prepared for unpredictable weather.
- **Warm, Dry Clothes for Post-Race:** Include a hoodie and warm socks.
- **Recovery Footwear:** Flip-flops or comfortable shoes for after the race.

PERSONAL CARE ITEMS

- **Face Wipes:** Refresh yourself post-race.
- **Sudocrem:** For skin irritation or chafing.
- **Sanitary Products:** Essential for any needs.
- **Cash:** For emergencies or post-race snacks.
- **Plasters:** For blisters or minor injuries.

POST-RACE COLLECTION

Collect Your Finisher Medal and T-Shirt:
Make sure to grab these after finishing.

Pick Up Your Bag: Head to the designated collection area with your bib number.

IMPORTANT REMINDERS

Pack Light: Don't overpack; you'll need to carry your bag post-finish.

Keep Valuables Safe: Bring only essentials; leave valuables with friends or family.

GOOD LUCK! WISHING YOU AN AMAZING MARATHON EXPERIENCE!