



# Long Run Checklist

*Use this checklist as a guide to prepare for your long run. Print and laminate it so you can use a dry erase marker on it, wipe it clean each time, and begin again.*

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## CLOTHING

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- |                          |   |                          |                                   |
|--------------------------|---|--------------------------|-----------------------------------|
| <input type="checkbox"/> | Comfortable & sweat-wicking top             | <input type="checkbox"/> | ADD YOUR OWN CHECKLIST ITEMS HERE |
| <input type="checkbox"/> | Comfortable & breathable shorts/leggings    | <input type="checkbox"/> | _____                             |
| <input type="checkbox"/> | Visor/hat (do not use a thick baseball cap) | <input type="checkbox"/> | _____                             |
| <input type="checkbox"/> | Running Socks (helps with blisters & sweat) | <input type="checkbox"/> | _____                             |
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## ESSENTIALS

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|--------------------------|---|--------------------------|-----------------------------------|
| <input type="checkbox"/> | Hydration- Handheld water bottle or vest  | <input type="checkbox"/> | ADD YOUR OWN CHECKLIST ITEMS HERE |
| <input type="checkbox"/> | Nutrition- Running gels or solid foods  | <input type="checkbox"/> | _____                             |
| <input type="checkbox"/> | Apply sunscreen before leaving the house  | <input type="checkbox"/> | _____                             |
| <input type="checkbox"/> | Hair tie/extra hair ties  | <input type="checkbox"/> | _____                             |
| <input type="checkbox"/> | Running watch   | <input type="checkbox"/> | _____                             |
| <input type="checkbox"/> | Phone   | <input type="checkbox"/> | _____                             |
| <input type="checkbox"/> | Waist belt to hold gels/phone if you don't have pockets   | <input type="checkbox"/> | _____                             |
| <input type="checkbox"/> | (If you are alone) pepper spray or form of protection. Please speak to your guardians about this. | <input type="checkbox"/> | _____                             |
| <input type="checkbox"/> | Sunglasses  |                          |                                   |
| <input type="checkbox"/> | Apply Vaseline or Body Glide to areas where you will experience friction                          |                          |                                   |
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## REMINDERS

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|--------------------------|---|
| <input type="checkbox"/> | Did you stretch?  |
| <input type="checkbox"/> | Did you fuel thirty minutes prior to running?                           |
| <input type="checkbox"/> | Are you making it a point to speak and think positively about this run? |
| <input type="checkbox"/> | Have you let a guardian know where you will be running?                 |

## SAFETY ADVICE:

If you haven't downloaded the free app, "STRAVA", please do so. The app can be set to notify a guardian of when you begin/end your run and where you are during your run.

