

## Partial List of Items to Consider

- Cash and credit card for fuel, ice & supplies, meals and snacks for runner and crew.
- Pen & paper/ logbook; extra pens.
- Race plan with best case/worst case scenario spreadsheet from runner.
- Two-way radios (walkie-talkie) between crew and runner/pacer.
- Blue painter's tape to affix "Caution" sign and race number to vehicle, OR magnetic signs OR window crayons, etc.
- Duct tape, knife or multi-tool.
- Supplemental interior light when stopped.
- Identifying lights for exterior of vehicle at night.  
(Vans all look the same in the dark)
- "Jet Boil" or similar, with propane canister, and pot for boiling water.
- Water sprayer. (Only recommended for dry/ low humidity races)

### CLOTHES

- Shoes and socks.
- Underwear/sports bras.
- Shorts and pants.
- Tops--long and short sleeved; arm sleeves.
- Rain gear.
- Hat & visor options, buff, bandana.
- Night clothes.
- Fresh clothes and shoes.
- Possibly warmer items.
- Glasses.
- Sunglasses.

### PERSONAL GEAR

- Phone, cable and charging device; other music listening device.
- Carrying device—belt, pack, arm-holster.
- Watch and cable.
- Hand-held bottles, hydration belt or pack.
- Lip balm.
- "Trail Toes" or other lubricant--for more than just feet.
- Sun screen.

### SAFETY AND RELATED ITEMS

- Reflective vest, tape or similar.
- Flashing lights.
- Head lamps, hand-held light or similar lighting.

- Extra batteries; back-up.
- Satellite phone.
- Headphones, batteries.
- Repair/sewing kit.
- Blister kit.

### **SUPPLIES AND DISPOSABLES**

- Trash bags.
- Zip lock bags, various sizes.
- Plastic drawer stack, bins, milk crates, mesh bags or other organizational gear.
- Paper towels.
- Clean white cotton towels and washcloths.
- Paper/hot cups.
- Paper plates or bowls.
- Forks, knives, spoons.
- Kitchen knife, cutting board.
- Your own TP supply.
- Hand sanitizer.
- Disposable gloves.
- Wipes.
- Liquid soap.
- Ice scoop.
- Beverage containers, especially large round drink coolers.

### **HYDRATION AND NUTRITION--FOR RUNNER & CREW**

- Water: one-gallon jugs and some individual bottles.
- Ice: quantity and proper handling.
- Selected beverages: Coke, ginger ale, iced tea, Gatorade, Ensure, etc.
- Food choices: variety and quantity.
  - Perishables
  - Solid foods
  - Liquid meal replacements
- Electrolyte product:
  - Drink or drink mix, like Liquid IV, Tailwind, etc.
  - Capsules, like Endurolytes, Salt Stick, S-Caps or other.

**Crew choices: crew needs to eat, as well!**