

# The Ultimate Marathon Checklist

**FLEET FEET**  
*Sports*

## PreRace & During

- warm up clothes
- running water bottle & drink
- your favorite pre run food
- rain gear or poncho
- charged GPS watch
- money for parking
- race logistics print out or email
- gear storage plan while running
- spare socks, hat or visor
- band aids or athletic tape
- sunscreen and anti-chaffe
- nutritional aids - gel & electrolytes
- bib number and timing chip
- heart rate monitor (if you trained with one)
- meet up area plan w friends or family
- pace plan or schedule
- bathroom break
- ID & race belt
- spare TP
- sunglasses
- headphones (if permitted in race)

## PostRace

- warm dry clothes
- fresh socks & deodorant
- towel & ice pack
- recovery drink & water
- compression socks & massage tool
- your favorite food and drink!
- sandals or comfy shoes
- muscle pain relief cream
- cash for anything on the way home
- cell phone & wallet or ID

## Extra Treats

- your favorite beer, champagne or chocolate milk
- reservations to your favorite restaurant
- cookies!
- massage appointment scheduled
- camera for post race celebration pictures!