

Tony Loyd's Pre-Marathon Packing Checklist

Don't Leave Home Without It:

- Shirt, shorts, socks, shoes, sports bra (if applicable) Make sure the shorts have pockets for fuel, gum, keys, etc.
- Bib number. If it's an option, fill out the emergency contact information on the back.
- Safety pins (I use [BibBoards](#))
- Smartwatch. Be sure the watch is charged!
- [Road ID](#)

Next level:

- Gum
- Fuel (I prefer [Pure Fuel](#))
- Drop bag
- Cash for parking and emergencies
- ID - may be required if they offer beer at the end of the race
- Nip bandages
- Warm outerwear that can be discarded at the start line
- Gloves/Ear warmers
- Arm compression (makes excellent arm warmers)
- Phone
- Snacks and water before the race
- A change of clothes for after the race, including comfortable shoes
- A towel or seat cover in the car for after the race
- Post-race drinks (I prefer [Nuun](#)) and snacks in the car for after the race

Optional items:

- Phone charger (be sure to pack it if you're traveling)
- Toilet paper and hand sanitizer. You never know when the portajohns will be out
- In the event of rain, bring a hat and a trash bag to be used as a raincoat
- KT Tape
- Body Glide or Vaseline
- Bus pass
- Sunglasses
- Headlamp and extra batteries (for overnight races)
- Pace band
- Fuel belt
- Headphones
- Running jacket
- Medicines, ibuprofen

Want help training for your next race?

Schedule a time with Tony: <https://bit.ly/runcoachcall>