

MARATHON DAY CHECKLIST

You don't want to rush around on the morning of the race, so go through these lists the day before to make sure you don't forget anything.

Essential Items :

Registration letter
Chip (on trainer night before)
 Directions to start/start time

Inhaler
 First Aid Kit (for blisters/strains)
 Tissues

Clothing etc. for the Race :

Old jumper/jog pants/dustbin bag
 which can be thrown away at the start
 Vest/Top with Number attached
 remember to take pins
 Shorts
 Socks
 Trainers
 T Shirt (if cold)
 Hat & Gloves (if very cold)
 Hankie
 Watch / GPS
 Sweat Band(s) / Sponge
 Sunglasses / Cap

Post Marathon (to go in bag left with TNT)

T Shirt
 Shorts/trousers
 Tracksuit
 Jumper/sweatshirt
 Shoes (& socks)
 Towel
 Polythene bag for wet clothing
 Underwear

Food & Drink

Water/Squash/Isotonic Drink
 Dried fruit
 Energy Bars/Mars Bars

Remember, conditions at the Start may be different to those at home, so take EVERYTHING you think you might need

Own Requirements :

Other items to consider for Race :

Sun bloc -especially for 5K + races)
 Nipple protection (men)
 Vaseline if chaffing is a problem
 Muscle rub

Other Items to consider (Post marathon) :

Wet Wipes
 Fleece
 Raincoat/Jacket
 Hat
 Gloves
 Waterproofs
 Mobile phone
 Camera
