## CLOTHING
- Race bottoms
- Race top
- Layers for colder weather and/or warm up
- Socks
- Hat

## GEAR
- Shoes
- Race bib/number/timing chip
- Fitness tracker and charger
- Heart rate strap
- Sunglasses
- Sunscreen
- Anti-chafe cream
- Headphones
  - If allowed

## FOOD
- Energy bars or snacks for pre- or post-race
- Water bottles
  - One to carry during your race, and one or two to sip before and after
- Preferred drink mix
- Race food
  - Gels, chews etc.

## POST RACE BAG
- Change of Clothes
- Post Race Snack
- Water Bottle
- Flip Flops/Sandals
- Towel
- Deodorant
- Baby wipes

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www.trainingpeaks.com/guides/marathon-training