

## RACE DAY CHECKLIST ✓

---

THE COMPLETE  
**MARATHON**  
TRAINING GUIDE

### 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