

RUNNING YOUR FIRST ULTRA

CREW PACKING LIST

CREWING FOR: _____

AT (RACE): _____

- ID or Passport
- Boarding Pass

CREW EQUIPMENT

- Headlamp
- Sunglasses
- Sunscreen
- Chapstick
- Packable Chair
- Baby Wipes or Washcloth
- Knife, Spoon

CREW CLOTHING

- Patagonia Baggies
- Sport Bra
- Tank Top
- Patagonia Long-sleeve Light Weight Zip
- T-shirt
- Socks
- Beanie
- Truck Hat
- Gloves
- Waterproof Mittens
- Lightweight Shell
- Waterproof Jacket
- Down Jacket
- Trail Shoes

REMINDERS

- Change voicemail (alert out of office/home)
- Notify credit cards (international travel)
- Set up email auto-response

CREW GEAR

- Electronics Chargers
- Coffee Mug
- Water Bottle
- Toiletries
- Towel
- Camera
- Pillow
- Sleeping Bag
- Sleeping Pad
- Books and Journal
- Earbuds or Speaker
- French Press

NUTRITION

- Snacks
- Trail Butter
- Carrots, Apples
- Nuts, Dried Fruit
- Crackers, Chips
- Protein Options

POST-RACE CLOTHING

- Patagonia Organic Cotton T
- Patagonia Serenity Pants
- Patagonia UltraLight Down Hoodie
- Flip Flops