

RUNNING YOUR FIRST ULTRA

RACE PACKING LIST

RACE: _____

- ID or Passport
- Boarding Pass

RACE EQUIPMENT

- Handheld Bottles
- Hydration Pack
- Water Filter
- Pro-Tec Patella Knee Bands
- Headlamps
- Batteries
- Charging Cords
- Sunglasses
- Trekking Poles
- Space Blanket
- Watch
- Sunscreen
- Blistershield
- Butt Balm
- Chapstick
- Arnica Gel
- Music & Earbuds
- Baby Wipes or Washcloth

RACE CLOTHING

- Pocketed Shorts
- Sports Bra
- Tank
- Long-sleeve Light Weight Zip
- T-shirt
- Lily Trotters Socks
- Beanie
- Trucker Hat
- Headwrap
- Gloves
- Waterproof Mittens
- Patagonia Houdini Jacket
- Patagonia Houdini Pants
- Patagonia Storm Racer Waterproof Stretch Jacket
- Waterproof Pants
- Trail Shoes

TRAVEL GEAR

- Pro-Tec Orb
- Pro-Tec Stretch Belt
- Phone Charger
- Coffee Mug
- Water Bottle
- Toiletries
- Towel
- Nail Clippers and File
- Camera
- Pillow
- Sleeping Bag
- Sleeping Pad
- Books and Journal
- iPad
- French Press
- Power Adaptor, charging cords
- Stasher™ Bags—helpful to sort food/gear

RACE NUTRITION

- Energy Gels
- Energy Chew
- Energy Bars
- Electrolytes Caps
- Trail Butter
- Medjool Dates
- Tortillas
- Avocados

TRAVEL SNACKS

- Trail Butter
- Carrots, Apples
- Crackers or Chips
- Protein Options
- Salad
- Baked Sweet Potato
- Supplements
- Dark Chocolate

POST-RACE CLOTHING

- Patagonia Organic Cotton T
- Patagonia Happy Hiker Pants
- Patagonia UltraLightDown Hoodie
- Flip Flops
- Beanie
- Compression Tights
- Lily Trotters Compression Socks
- Patagonia Trucker Hat

REMINDERS

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