

Marathon Checklist - From Head to Toe

- CoolMax* hat with brim
- CoolMax* t-shirt with short sleeves
- Sports bra (women)
- Windproof warm-up jacket and tights(may give to the gear storage before start)
- Cheap gloves if starting temps are below 45F
- Spandex* shorts
- CoolMax* socks
- Marathon running shoes and shoes or sandals to change into after race
- Sunscreen factor 30 on all exposed areas
- BodyGlide or Sportslick on areas prone to chafing
- Feet well-coated with petroleum jelly before putting on socks
- Fuel Belt** (optional)
- Lip balm tube
- Energy gel – 5-8 (some with caffeine) packs
- Electrolyte tabs if you have been using them in training
- Plastic disposable rain poncho if any chance of rain or large trash bag (rip a hole for head)
- Race number, chip, ID, medical card
- Watch
- heart monitor and/or GPS
- change of clothes, including compression socks and comfy shoes for after the race

* Clothing does not have to be “CoolMax” brand, but should be a technical (breathable) fabric. It should not be brand new and should be something *you’ve worn before* and know will not chafe.

** Fuel Belt can contain 2 Gatorade; 2 flat Coke; 5 energy gels; band-aids, electrolytes, etc. Take the gel every half hour with water and drink at every aid station, or as we’ve discussed.