



MARATHON JOURNAL

THE ULTIMATE MARATHON BAG CHECKLIST

ABSOLUTE ESSENTIALS

- ☐ SHOES
- ☐ SOCKS
- ☐ SHORTS
- ☐ ALTERNATIVE KIT (WEATHER)
- ☐ SPORTS BRA
- ☐ RACING SINGLET
- ☐ RUNNING WATCH
- ☐ RUNNING WATCH CHARGING CABLE

PRE-RACE ESSENTIALS

- ☐ BODY GLIDE
- ☐ THROWAWAY SHIRT
- ☐ THROWAWAY PANTS
- ☐ SHOE COVERS

OTHER RACE DAY ESSENTIALS

- ☐ VISOR OR HAT
- ☐ SUNGLASSES
- ☐ HEADPHONES
- ☐ HAIR TIES
- ☐ SAFETY PINS (BIB HOLDERS)

FUELING ESSENTIALS

- ☐ RACE DAY BREAKFAST
- ☐ PRE-RACE SNACKS / MEALS
- ☐ PRE-RACE HYDRATION
- ☐ WATER BOTTLE
- ☐ GELS
- ☐ FUELING BELT

CHECKED-GEAR BAG ESSENTIALS

- ☐ POST RUN HOODIE / JOGGERS
- ☐ BATTERY PACK
- ☐ WET WIPES
- ☐ CHANGE OF SHOES
- ☐ PLASTIC BAG
- ☐ MEDICATIONS

MISCELLANEOUS ITEMS

- ☐ CAMERA
- ☐ ARM WARMERS
- ☐ JEWELRY
- ☐ RECOVERY TOOLS
- ☐ READING MATERIAL THAT MOTIVATES