

TRAIN LIKE A MOTHER CLUB

Half-Marathon Check List

Food/Drink

- Reservations or plan for pre-race dinner
- Pre-race breakfast if not available nearby
- Fuel for race
- Electrolyte tablets or sports drink
- Salt tablets
- Snacks for car/hotel room

Race Essentials

- Directions to and times of expo
- Directions to and time of race start
- Registration confirmation + ID
- Knowledge of race course
- Race bib
- Safety pins
- Credit card and/or money
- Plan for meeting friends + family post-race

Race-Day Clothing

- Bottoms (shorts, skirt, capris, tights; ok to pack more than one option)
- Sports bra
- Shirt or tank
- Long sleeve shirt
- Socks
- Shoes
- Arm warmers
- Throwaway layer for starting line: garbage bag or old sweatshirt
- Gloves
- Hat or visor

Gear

- Sunglasses
- Sunscreen
- Water bottle or hydration pack
- Headphones
- Smartphone or music player
- Charger for phone/player
- GPS or sports watch

Gear, cont.

- Charger for GPS
- Body Glide or other chafing stopper
- Chapstick
- Identification
- Toilet paper or tissues
- Rubber band for hair

During Race

- Conservative start
- Confidence
- Belief in your legs + lungs
- Trust in your training
- Grit
- Gratitude
- High fives
- Knowledge there is a finish line
- Smile

Checked Race Bag

- Dry sports bra
- Dry socks
- Dry shirt
- Comfy shoes/Flip flops
- Jacket or another warm layer
- Credit card and/or money
- Food/drink you prefer after long run

Post-Race Recovery

- Compression socks/sleeves/tights
- Foam roller
- Ibuprofen or other NSAID
- Band-Aids and/or blister care
- Ice for ice bath (hurts so good!)
- Ability to hover squat to pee for days

Additional Items

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