

## RACE DAY CHECKLIST ✓

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THE COMPLETE  
**ULTRAMARATHON**  
TRAINING GUIDE

### ON YOUR BODY

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- Base Layers
- Running Clothes
- Race Number
- Sun Hat
- Sunglasses
- Socks
- Broken-in Shoes
- Watch/HRM

### FOR POST RACE

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- Your favorite clothes and comfortable shoes to change into
- Towels/baby wipes
- Snacks
- Hydration
- Power bank/charger for electronics

### IN YOUR PACK

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- Wind/waterproof Layer
- Insulation Layer
- Headlamp with Batteries
- Backup Headlamp
- Space Blanket
- Emergency Nutrition  
UTMB requires 800 Calories, about 2 bars and 2 gels
- Hydration  
UTMB requires 1 liter minimum
- Gloves  
Light and heavyweight
- Warm hat
- Poles
- First Aid
- Cell phone

## FOR YOUR CREW

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- Race credentials
- Directions to aid stations
- Supplies for hot or cold weather  
Ice cooler, sleeping bag, warm/cold drinks
- Bug repellent
- First aid kit
- Towels
- Baby wipes/toilet paper
- Chairs
- Snacks
- Predicted pacing plan, and watch or other alarm system
- Essential phone numbers
- Lights

## IN YOUR DROP BAGS

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- Spare shoes
- Spare socks
- Spare insulation/rain layers
- Spare hat(s)
- Blister/Wound Care
- Anti-chafe cream of your choice
- Motivational Treats
- Warm Layers for night time or bad weather
- Range of Nutrition and Hydration
- Sweatproof Sunscreen
- Power bank for headlamps/cell phone