

THE ULTIMATE PACKING LIST ^{and preparation}

If you're travelling:

- Flight info
- Hotel/lodging info
- Itinerary

Event Wear/Accessories:

- Sports bra/underwear
- Shirts
- Shorts/Skorts/Leggings
- Socks
- Shoes
- Sunglasses
- Hat/Visor
- Hair ties/bands
- Music Player/Phone/Ext Battery
- Ear buds or headphones
- Waist or arm strap/pouch
- String backpack or other bag with:
 - Flip Flops
 - Socks
 - Medication
 - Blister kit (moleskin, blister bandaids, antibiotic ointment, lancets)
- Sunscreen
- Fit Bit
- Poncho or Rain Jacket
- Braces/Wraps
- Anti-chafing cream or Body Glide

Street/Non-Event Wear:

- Bras/Underwear
- Tops
- Shorts
- Pants
- Socks
- Shoes
- Sandals and/or Flip Flops
- Bathing Suit
- Outwear, as needed
- Pajamas
- Toiletries (see below)

Toiletries:

- Deodorant
- Shampoo/Conditioner/Gel
- Toothbrush/Toothpaste
- Night guard
- Lip goop
- Lotion
- Body wash/Soap
- Contact lens solution & case
- Eyeglasses (reg, sun, reading)
- Small mirror
- Comb/Brush/Hair doodads
- Makeup
- Makeup remover
- Tweezers
- Razor
- Hairdryer, irons, etc.
- Medications
- Tampons/Pads
- Qtips
- Ibuprofen

Other stuff:

- Ice packs
- Safety pins
- Corkscrew
- Running tutu
- Compression sleeve/socks
- Foam roller
- KT tape, or materials for your own taping/padding regimen
- Beach towel
- Hangers
- Dryer sheets
- Wine
- Small Fan or earplugs
- Epsom salts
- Water bottle(s)
- Collapsible drying rack
- Hand sanitizer
- Cooler
- Power strip
- Air mattress & sheets
- Pillow
- Phone holder
- ID & Wallet
- Plastic bags, from garbage size to various zip-locs
- Febreze
- CPAP machine

Well ahead of the event:

- Exchange relevant phone numbers with your teammates and be sure to PUT THEM INTO YOUR PHONE!
- Check with your team captain about any team clothing.
- Determine what socks work best for you, but be prepared to have blisters anyway.
- Make sure your shoes are broken in.
- Do at least one long training walk wearing your entire event outfit(s) to be sure that everything is comfortable. You may discover you don't like hats, your bra chafes, or your tutu is scratchy on bare legs, etc..
- You don't have to carry water; there will be plenty along the course. Hydrating is a careful balance between enough and too much. Make sure during your training that you're drinking enough so that your urine is clear. For the days leading up to the event, as long as you aren't massively dehydrated to begin with, or sweating excessively at the time, all you need to do in terms of figuring out how much to drink is to listen to your body and drink to the dictates of thirst. If, over time you have learned to read your body's signals accurately, you are highly unlikely to arrive on the start line dehydrated by following this approach. While it is probably sensible to take in an extra cup of fluid here and there in the final days to make up for any slight level of lingering dehydration, overall there is no great benefit to drinking way more than you normally would.

Packing Tips:

- Pack complete walking outfits in gallon-sized Ziploc bags, squish the air out before closing, and re-use the bag for dirty clothes.
- Decide ahead of time whether to bring 2 pairs of walking shoes.
- Plan to take a bag with flip flops each day, to change into after the walk. You can either leave it at the bag drop, or carry it.
- You're not going to the moon. Drugstores & grocery stores are nearby, wherever you're staying.

PLEDGE THE PINK
RIBBON