



Race Gear Checklist

Item	Race 1	Race 2	Race 3	Race 4	Notes
Shoes					
Shorts, Pants, Tights					
LS/SS Shirt, Jacket					
Socks					
Hat					
Gloves					
Backpack					
Race # belt					
Hydration Belt					
BodyGlide					
Sunglasses					
Energy Products					
Watch or timing device					
Heart rate Monitor					
Timing Chip					

- For each race on your schedule, check off the items above as you pack.
- We recommend that you pack your gear the night before the event.