

Ragnar Relay Packing List*

Running Gear Department

- 3 sports bras (wet sports bra =freezing runner)
- 2-3 bottoms (capris, shorts, skirts, tights...)
- 2-3 running tops
- 3 pairs of running socks
- Headwear: baseball cap or visor
- Sunglasses
- Garmin or GPS
- Water bottles
- Nutrition/hydration to consume while running
- Compression wear (socks, calf sleeves)
- 1 pair of warmer sweat pants for nighttime
- 1 fleece/down jacket for nighttime
- 1-2 pairs of running shoes
- 1 pair non-running, slip-on shoes
- Hat/gloves/raincoat (depending on weather)
- Foam roller or The Stick

Household Goods

- Big Ziploc bags for sweaty clothes
- Sharpie to mark bags
- Well-used towel
- Sleeping bag/blanket
- Yoga mat or sleeping pad
- Small Pillow
- Paper towels
- Cell phone charger/battery pack for phone
- Trash bags

Toiletries

- Wipes or toothbrush/toothpaste
- First aid kit with band aids
- Ibuprofen or other pain-reliever
- Immodium + antacid tablets
- Bug spray
- Sunscreen
- Baby wipes
- Toilet paper
- Hand sanitizer
- Tampons + pads
- Ponytail holder or other hair things
- Ear plugs and/or music/headphones

Race Necessities

- Sense of humor + patience
- Race bible and/or rules for each van
- Race bibs for each van
- Maps/Directions for the course for each van
- Cell phone numbers for teammates
- Special medical information for teammates
- Reflective vests; headlamps; blinking lights
- Cash; credit card; ID

Cheering Squad Necessities

- Cowbell
- Sprayer to douse hot runners
- Stickers or branded magnets
- Window chalk

*Does not include food/water;
from anothermotherrunner.com