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Long Run Prep & Kit Checklist

Clothing

- ☐ Base layer
- ☐ Running top
- ☐ Tights
- ☐ Sports bra
- ☐ Socks
- ☐ Arm warmers
- ☐ Running shoes

Weather Layers

- ☐ Wind jacket
- ☐ Rain jacket
- ☐ Snood (headband / neck warmer)
- ☐ Cap / visor

Accessories & Gear

- ☐ GPS device (charged)
- ☐ Headphones
- ☐ Sunglasses
- ☐ AirTag

Nutrition & Hydration

- ☐ Soft flask
- ☐ Breakfast (on the go) + spoon
- ☐ Race nutrition (gels, bars, electrolytes)

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Long Run Prep & Kit Checklist

Safety & First Aid

- ☐ Anti-chafe cream / deodorant
- ☐ KT tape (for chafing)
- ☐ Talc for toes
- ☐ Blister plasters
- ☐ Toilet roll / tissues
- ☐ Sunscreen
- ☐ Lip balm

Race Essentials

- ☐ Triathlon belt (for race bib)
- ☐ Old trainers (to wear to start line)
- ☐ ID / money / phone
- ☐ Keys
- ☐ Emergency contact info

Post Long Run Essentials

- ☐ Wet wipes
- ☐ Recovery shoes
- ☐ Compression socks
- ☐ Change of clothes
- ☐ Battery pack