



Checklist for the kit bag *(by Andreas Butz)*

Properly packing the kit bag is a crucial part of race preparation. Ideally, this is done the day before. This checklist is designed to be a practical aid in this process. I am always keen to receive good ideas to further develop this checklist, and would like to thank in advance all those who email me their suggestions to the email address given below.

Running shoes

It is important that your own running shoes for the race have been run-in over at least 100 kilometres. This is the best way of making sure that the shoes fit and are suitable and avoiding unwanted side effects, such as blisters.

- o Road running or trail running shoes, depending on the kind of route or track
- o Spikes for track or cross country
- o Possibly a second pair of running shoes for warming up
- o Quick fastening systems are crucial for quick shoe changing for Triathletes as well as for speedy removal of a bothersome piece of grit in the shoe.

Running kit

- o Warm up kit
- o Short or long racing pants and short or long-sleeved vest/top, depending on personal needs
- o Club kit?
- o Running socks, if necessary compression stockings
- o Wind and rain gear is usually not necessary, but might be needed for running in mountains

Head and hands gear

Many runners stick to short sleeved shirts and short pants even in low temperatures but do protect the extremities.

- o Thin gloves
- o Head band, cap or buff
- o Pull on sleeves/arm warmers for short sleeved vests/tops (recommended for mountain marathons)
- o Sunglasses

Protection against rain and cold before the event

It is crucial to stay warm and wear the right gear to protect yourself against rain and wind. Many runners discard the following gear at the start:

- o Disposable painter's overalls (DIY store)
- o Plastic cape etc. (e.g. large bin liner)
- o Old T-shirt

General

My recommendation for selecting sports watch: a sports watch on the wrist is useful for checking times. But heart rate and speed instruments are for training and can be more of a hindrance than a help in a race. Therefore leave the GPS, running sensors and chest strap at home. But don't forget to take:

- o Confirmation of registration, if necessary photo ID
- o Start number (fill in back with personal data)
- o Safety pins or start number strap
- o Champion Chip (if necessary)
- o Start ID/licence (if necessary)

Body protection

- o Sun block. Special sports sun block prevents the eyes from burning from sweat and sun block running into the eyes
- o Vaseline (against chafing under the arms and between thighs)
- o Plasters (plaster on each nipple)
- o Foot cream

After the race

- o Possibly dry running kit for winding down
- o As change of clothes, sports or casual clothing
- o Plastic bags for sweaty and wet clothing
- o Comfortable shoes, maybe sandals
- o Compression stockings stimulate regeneration
- o Cap against the sun

Body care

Often there are no shower facilities after a race. Runners don't sweat too much about that, they just towel off in the changing rooms or in the car, put on a dry change of clothes and shower at home.

- o Shower gel
- o Shampoo
- o Shower flip flops
- o Body lotion
- o Two towels
- o Some take sports ointments or salves that promote circulation (for before and after race)

Nutrition

Depending on the distance this can be very important or not an issue at all

- o Non-carbonated water (before, during, after)
- o Ripe banana (before, during, after)
- o Fresh dates and water melon (during)
- o More fruit, dried fruit and nut mix, and whole grain bread (only after)
- o Special sports drinks, bars and gels are generally not needed and can lead to digestion troubles if you are not used to them.

Miscellaneous

- o Description of how to get there or car navigation system directions
- o Phone number of the organiser and/or venue
- o Cash or credit card

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www.tui-marathon.com