

BEFORE YOU GO	
<input type="checkbox"/>	Breakfast
<input type="checkbox"/>	I.D.
<input type="checkbox"/>	Timing chip
<input type="checkbox"/>	Race number
<input type="checkbox"/>	Pins or race belt
<input type="checkbox"/>	Emergency contact info
<input type="checkbox"/>	Money / credit card
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Extra hair ties
<input type="checkbox"/>	Mobile phone
<input type="checkbox"/>	Vaseline or similar
<input type="checkbox"/>	Band-Aids or Nip Guards if necessary

WHILE YOU RUN	
<input type="checkbox"/>	Running shoes
<input type="checkbox"/>	Shorts/tights for race
<input type="checkbox"/>	Singlet/short-sleeve or long-sleeve shirt for race
<input type="checkbox"/>	Socks
<input type="checkbox"/>	Sunglasses
<input type="checkbox"/>	Hat or visor
<input type="checkbox"/>	Watch, GPS or heart rate monitor (don't forget your HRM strap)
<input type="checkbox"/>	Gels or sports drink if you've been training with them
<input type="checkbox"/>	Water bottle
<input type="checkbox"/>	Music and headphones

AFTER YOU RUN	
<input type="checkbox"/>	Change of clothes
<input type="checkbox"/>	Recovery drink
<input type="checkbox"/>	Food
<input type="checkbox"/>	Towel
<input type="checkbox"/>	Band-Aids
<input type="checkbox"/>	Bag for dirty clothes

**Other pre race gear**

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

**Other race gear**

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

**Other post race gear**

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	