

Travel Carry On Check List For Marathon Runners

- Running Shoes
- Running Socks
- Sports Bra
- Tech Shirt
- Running Shorts or Leggings
- Pre-Packed Race Day Snacks
- Running Water Bottle
- Regular Water Bottle
- Hat or Visor
- Sport Sunscreen
- Deodorant
- Chafing Cream or Gell
- Sport Sunglasses
- Gear Belt
- Printed Race Registration Receipt & Packet Pick-up Instructions
- Emergency Contact / Road ID Bracelet
- T Spheres Massage Balls
- Ibuprofen
- Compression Socks
- iPod with Running Play List

****Make sure all liquids and gels in your carry-on meet TSA requirements and are under 3 fluid ounces.****

