

KT82 Relay Race Packing Guide

From the Race Directors

- Race bib for each runner
- Race bib with timing chip
- Safety Pins (for attaching race bib)
- Printed driving directions (1 for each support vehicle)
- Team Number to display in support vehicle windows + tape

Wearables

- Tops (4-5 total)
- Shorts
- Shoes (1-2 pairs)
- Socks (1-3 pairs)
- Hat
- Sunglasses
- Watch and/or HR monitor
- Hydration: Water bottle or vest
- Running belt
- Headphones
- Visibility Vest + Headlamp or Light
- _____
- _____

Personal Hygiene

- Deodorant
- Towel
- Baby/Body Wipes
- Toilet Paper
- Hand Sanitizer
- Anti-chafing cream/stick
- Any other personal care items needed for a full day
- _____
- _____

Fuel/Nutrition

- Gels, Chews, etc.
- Coolers + Ice
- Water (cases of bottles work best)
- Sport Drinks/Electrolyte Mixes
- Food
- Snacks
- _____
- _____

Miscellaneous

- Chargers for electronics
- Foam Roller
- Yoga Mat
- Kinesiology Tape
- IcyHot or something similar
- ID, insurance card, credit card
- Sunscreen, Bugspray
- First Aid Kit (bandaids and Ibuprofen)
- Camping Chairs or picnic blanket
- Umbrella
- _____
- _____

Tip!

Share your phone location with everyone on your team and driver. This will allow you to track each runner's progress and is helpful for getting the next runner prepped for their turn.