

STEADYFOOT

# RACE DAY CHECKLIST



## RACE

- |   |  |
|---|--|
| <input type="checkbox"/> Shoes                  | <input type="checkbox"/> Hat               |
| <input type="checkbox"/> Socks                  | <input type="checkbox"/> GPS Watch         |
| <input type="checkbox"/> Shorts/Bottoms         | <input type="checkbox"/> Hear Rate Monitor |
| <input type="checkbox"/> Underwear & Sports Bra | <input type="checkbox"/> Gels/Nutrition    |
| <input type="checkbox"/> Singlet or Tee         | <input type="checkbox"/> Pack/Waist Belt   |
| <input type="checkbox"/> Timing Chip            | <input type="checkbox"/> Headphones        |
| <input type="checkbox"/> Pins for number        | <input type="checkbox"/> Race Number       |



## KIT BAG

- |   |   |
|---|---|
| <input type="checkbox"/> Phone                    | <input type="checkbox"/> Wet Wipes          |
| <input type="checkbox"/> Pre/post race clothes    | <input type="checkbox"/> Toilet Roll        |
| <input type="checkbox"/> Bodyglide/Anti Chafe Gel | <input type="checkbox"/> Bank Card/Money    |
| <input type="checkbox"/> Plasters/Bandaids        | <input type="checkbox"/> Hand Sanitizer     |
| <input type="checkbox"/> Drink/Snack/Breakfast    | <input type="checkbox"/> Race & Travel Info |



## WEATHER

- Sun Screen
- SPF Lip Balm
- Electrolytes
- Sunglasses



## WEATHER

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Gloves          | <input type="checkbox"/> Jacket       |
| <input type="checkbox"/> Wrap            | <input type="checkbox"/> Hat/Headband |
| <input type="checkbox"/> Leggings        |                                       |
| <input type="checkbox"/> Long Sleeve Top |                                       |