

GEAR CHECKLIST

MAKE A LIST, CHECK IT TWICE.

So you can focus on running,
and not on what you forgot at home.

- Running Shoes/Inserts
- Traction Device
- Moisture-Wicking Socks
- Compression Sleeves or Socks
- Proper-fitting Sports Bra
- Moisture-Wicking Baselayer
- Moisture-Wicking Insulated Bottoms
- Water/Wind Resistant Jacket
- Headlamp & Reflective Gear
- Hat and Neck Gaiter
- Gloves
- Watch/GPS
- Hydration Belt or Handheld
- Gear Belt
- Energy Gels, Bars or Drink
- Race Bib/Number
- Race Belt or Safety Pins
- Bodyglide/Run Guard
- Post Race Clothes, Socks and Shoes
- Emergency Contact Info
- I.D.

FLEET FEET
Sports

www.FleetFeetRochester.com