

# CHECKLIST OF ITEMS YOU/YOUR TEAM SHOULD HAVE ON THE RELAY COURSE.

## GENERAL

- 12 runners/2 vehicles or 6 runners/1 vehicle

## SAFETY GEAR

- minimum of one reflective vest, one working headlamp and flashing lights for runner's back per vehicle; best if each runner has their own safety gear
- extra batteries for the safety gear
- one "RUNNER ON ROAD" safety sign per vehicle provided by the RTO; tape to put the sign on the back of the van
- RTO Runners Handbook for each van (please read ahead of time; it also contains leg maps)

## VAN GEAR (coordinate with your captain/van-mates)

- RTO Runners Handbook for each van (please read ahead of time; it also contains leg maps). YES, THIS IS LISTED TWICE.
- list of cell phone numbers of each team member, one per vehicle plus emergency contact information
- watch or some way to keep track of team's time on RTO time log (Runners Handbook)
- clipboard for RTO time log
- pens to track times on RTO time log
- basic first aid kit
- garbage bags (for your van trash)
- cooler/ice
- small towels/washcloths and sponges to wet down to cool off hot runners (pre-frozen washcloths are awesome!)
- toilet paper
- Kleenex
- baby wipes
- glow sticks
- squirt guns
- cow bells

## FOOD (some teams coordinate with their van-mates)

- food supplies such as water, sports drinks, chocolate milk, fruit, bagels, peanut butter, jerky, string cheese and energy bars
- refillable water bottle

## CLOTHING

- running kit for each of your running legs (recommend putting each leg in a large ziplock bag)
  - running shoes (maybe 2 pairs depending on weather)
  - shorts, capris, tights
  - tanks, short-sleeves, long-sleeves
  - sports bras
  - socks

- running hat/visor
- bandana
- comfy, dry clothes for downtime (socks, slides/flipflops, hoodie, fleece jacket)
- running watch/GPS
- sunglasses

### **ACCESSORIES**

- SEE SAFETY GEAR (take extra)
- cell phone and charger (bring extra charging cords)
- safety pins for running bibs
- running water bottle depending on which leg(s) you are running
- pillows and blankets/sleeping bag (depends on your plans for van “downtime”)
- cash/credit card
- spirit of adventure
- good attitude

### **TOILETRIES**

- sunscreen
- deodorant
- aspirin/ibuprofen
- tooth-brush and tooth-paste
- bug spray
- vaseline or something for chafing
- brush, comb, hair ties