

STRESS FREE PACKING



“Be prepared”. It’s a motto that works for boy scouts and runners alike. Particularly if you’re travelling to a race away from home. When I flew out to Venice for the marathon in 2012, the weather forecast was still anticipating it being perfect conditions for running. Two days later at the start line I was faced with 30mph winds, rain and floods. Generally, conditions you wouldn’t let your dog out in. My cold-weather kit sat unpacked in a drawer back in London and I ran the first 10k of the race wrapped in a bin bag. Lesson learned, it’s better to take too much kit than too little. Here’s my packing list - delete as appropriate.

Race kit

- Running shoes
- Shorts
- Tights
- Vest/Technical T
- Long sleeve shirt
- Pants/Knickers
- Sports bra
- Socks
- Spare socks
- Calf guards
- Watch
- Jacket
- Gel belt/Bumbag
- Cap
- Hair band

Race day essentials

- Energy gels/Sweets
- Watch charger
- Safety pins
- Pace band
- Porridge
- Registration details
- Race map
- Vaseline
- Race number
- Bin bag

After race

- Flip flops
- Wetwipes
- TCP
- Savlon
- Beer

Travel stuff

- Train/plane ticket details
- Hotel details
- Currency
- Camera
- Race map
- Snacks
- Passport
- Insurance