



Las Vegas 2010

Packing List

Clothing:

- Warm weather running gear (short sleeves and shorts) for two segments
- Running socks (3-4 pairs)
- Under-wear or sports bra for running (3-4 sets)
- Running hat (one or two)
- Sunglasses
- Two changes of dry clothing
- Flip-flops or sandals
- Socks for in between legs
- Warm socks (for sleeping or hanging around at night)
- A light jacket, sweats, hat and gloves (for hanging around the mountain and sleeping at night)
- Cool weather running gear (long-sleeves or sweats) for two segments

(A suggestion to organize your clothes: Place each leg's clothes in separate Ziplock bag and label which leg they are for. This really helps to keep your bag organized!!!)

- 1st leg – shorts or other running bottoms (weather appropriate), top, sports bra, underwear, socks
- 2nd leg – shorts or other running bottoms (weather appropriate), top, sports bra, underwear, socks
- 3rd leg – shorts or other running bottoms (weather appropriate), top, sports bra, underwear, socks
- All legs: running shoes (you may want trail shoes if you are going to be on a trail; some people like to bring two pair)
- Between legs: Flip flops or other non-running shoes, rain proof jacket, sunglasses, hat, gloves
- Post race: Warm ups, jacket, shirt, underwear, socks, sports bra (comfy clothes)

Health Supplies:

- Sunscreen
- Prescription medications
- Tooth brush and tooth paste
- Small towel
- Bug repellent
- Deodorant
- BodyGlide
- Hair brush/Comb/ponytail holders
- Glasses / eye care
- Soap, shampoo, conditioner – there are showers you can pay for
- Band aids
- Lip balm
- Personal medications/hygiene items

- Blister pads or athletic tape for blister repair
- Toilet paper – just in case

Misc Supplies:

- Watch
- Sleeping bag
- Tarp
- Money (including some cash for buying food in exchange zones or small stores)
- Cell phone
- Little Hotties (handwarmers)
- Sleeping bag & pillow
- Blanket
- Music/Ipod
- Flashlight/headlamp
- Reflective Vest - **MANDATORY**
- Chargers (cell phone, ipod, etc)
- Spending \$
- Alarm clock
- Driver's license, bank card
- Batteries for flashlight, music
- Camera
- Garmin/ heart rate monitor
- Ear plugs, sleep eye covers (esp for early legs) – If you really want to sleep, bring the industrial strength ear protectors you use with a leaf blower!
- Music CDs for vans or Ipod car adapter
- Large trash bag – emergency rain poncho & great for cleanup

Food:

- Water carrier / water bottle
- Hydration drink (Gluekos, Nuun, etc.)
- Energy food (Gu, PowerBars, etc.)
- Food (bring nourishing, non-perishable foods that don't require preparation)

Some suggestions for food:

- Bagels
- Lunch meat
- Cheese
- Trail Mix
- Beef jerky
- Peanut butter
- Bananas
- Crackers