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DROP BAG ESSENTIALS

1

CHANGE OF SHOES

Remember your inserts if you use them.

2

CHANGE OF SOCKS

Always carry an extra pair, just in case

3

CHANGE OF CLOTHING

Check the forecast and plan accordingly.

4

BAND-AIDS/MOLESKIN

You may need a barrier between blisters and whatever is causing the discomfort.

5

VASELINE/BODY GLIDE

Can also try kinesiology tape as a preventative measure.

6

BABY WIPES

Great for freshening up.

7

SUNSCREEN/BUG SPRAY

Try travel-sized bottles.

8

ELECTROLYTE TABS

Will help prevent cramping.

9

FUEL

Bring whatever you used during training runs or a marathon.

10

YOUR CARROT

Something that will help you get to the end. Food, photos or mementos.