

Women for Women Packing List:

Must Haves

- Cash/credit card/photo ID
- 3-5 sets of running clothes, one for each leg (pro tip: Ziploc plastic bags for dirty running clothes)
- Costume of your choice for our contest on Friday night! (Coordinate with your team!)
- Running shoes & multiple pairs of socks
- Running gloves (night running can be in the 50°'s)
- Layers (temperature will swing 30+ degrees from morning to night, 50°-80°+)
- Sunglasses, hat
- Casual clothes for non-race days/other events
- Toiletries (toothbrush/toothpaste, antiperspirant)
- Personal towel
- Sunscreen
- Wet Wipes, antibacterial
- Small pillow, Sleeping bag /blanket & sleeping mat (for night course, you will be sleeping on the ground)
- Reusable water bottles
- Mobile phone & charger (charging stations will be provided for the day course)
- Food & snacks - running fuel & hydration (Nuun, Gatorade, etc.), also food for night course - only snacks/drinks will be provided

Nice To Haves

- Running GPS App or other watch to track your pace (or laps on track)
- Backpack/gym bag for race day gear (trash bag to keep gear dry at night, from sea mist)
- Glasses, contact lens solution
- Light jacket/shell
- Change of clothes for the beach
- Swimsuit
- Spare running shoes, sandals
- Flashlight
- First aid (Icy Hot, aspirin, antacids, bandages, blister bandages)
- Glow sticks, beach games, cards, water squirt guns
- Massage gun, stick, roller, stretching bands, etc.
- Bible, journal

World Vision To Provide

- Breakfast (on Thursday/Friday)
- Lunch (on Friday)
- Dinner (on Friday/Saturday)
- Water/Drinks
- Light snacks
- Two LED flashing vests per team (front and back) for twilight running