



TRAIL RUN/ULTRA RACE DAY CHECKLIST

Presented by **body glide**

- Trail Running Shoes
- Running Socks
- Wicking Underwear
- Wicking Running Shorts
- Running Tights
- Wicking Sports Bra
- Wicking Short-Sleeved Shirt
- Wicking Long-Sleeved Shirt
- Fleece or Insulated Vest or Jacket
- Rain Jacket
- Hat or Visor
- Buff/Bandana/Skully
- Running Gloves
- Sunglasses or Clear Lenses
- Real Food/Snacks/Drinks
- Performance Food/Gels/Drinks
- Waist Belt/Hydration Backpack
- Waterproof Drop Bag(s)
- Electrolytes
- Water Bottles
- Non-Disposable Cup
- Headlamp
- Extra Batteries
- Sunscreen
- Lip Balm (Carmex and Neosporin)
- Insect Repellent
- Toilet Paper
- Wet Wipes
- Desitin
- Ziploc for Trash

- Body Glide
- Moleskin/Blister Pads
- ENGO Blister (prevention) Patches
- Baby Powder
- Emergency Blanket
- Whistle
- First Aid Kit
- Camp Chair
- Towel
- Photo ID
- Insurance Card
- Cash/Credit Card
- Prescription Medications
- Extra Clothes
- Recovery Shoes (e.g., Cross)

Optional

- Cell Phone
- Camera
- Arm/Leg Warmers
- Heart Rate Monitor
- Running Gaiters
- Race Number Belt
- GPS Device (if allowed)
- Folding Poles (if allowed)
- Music Player and Headphones

This list will insure you do not forget any key components for your next trail running adventure.

MARSHALL ULRICH BODY GLIDE PRO TIP

Marshall is a 20-time Badwater 146 finisher and 4-time winner, record-setting US transcon runner, Seven Summits mountaineer, and one of two people in the world to have competed in all 10 Eco-Challenge adventure races.

“Before you leave for your ultrarun, lay out your gear and go through the checklist to make sure you have everything. Pack a variety of real foods (not just engineered performance “stuff”) that have worked for you in the past. You can carry these with you in your waist belt and put some in your drop bag(s) so you’ll have choices outside of the aid stations. At the aid stations, if you look at a food and crave it, your body needs it: eat it! Ensure you stay hydrated and maintain your electrolyte balance for peak performance.”

