

Wild Rogue Relay Individual Packing List

Running Equipment:

- Running shoes (one or two pairs) – bring trail shoes if you have a trail leg
- Team uniform (if you have one)
- Cool weather running gear (long-sleeves or sweats) for two segments
- Warm weather running gear (short sleeves and shorts) for two segments
- Rain jacket
- Running socks (three pairs)
- Undergarments for running (three sets)
- Running hat (one or two)
- Water carrier / water bottle – esp if you have one of the longer, unsupported legs.
- Watch, Garmin or other training tool
- Flashlight or headlamp (if not provided by your van)
- Reflective vest (if not provided by your van)
- Hydration drink (Nuun, Gatorade, etc.) Bring what works for you! Your team might have shared supplies, but unless you've tried it before race day, stick with what you know. Trust me.
- Energy food for longer legs. (Gels, Picky Bars, etc.) See note above!
- Sunglasses
- Sunscreen
- Bug repellent
- Deodorant
- BodyGlide
- Wipes

Non-Running Equipment

- One to two changes of dry clothing
- Non-running shoes for between legs
- Warm socks (for sleeping or hanging around at night)
- Warm jacket, sweats, hat and mittens (it can get cold in the mountains at night)
- Sleeping bag or blanket
- Money (including some cash for buying food in exchange zones or stores along the course)
- I.D. You will need your i.d. to get beer in the beer garden.
- Food – the fun stuff to eat when you aren't running
- Foam roller or stick
- Camera
- Cell phone
- Prescription medications
- Tooth brush and tooth paste
- Small towel to wipe off after run
- Hairbrush or comb
- Lip balm / makeup / hygiene products
- Ear plugs / sleep eye covers (for the first rest period it is not yet dark, or if you are a light sleeper.
Exchanges are often pretty loud.)
- Your costume if you are participating in a contest