



PACKING LIST

CLOTHING

- Running Shoes **Reebok** 
- Shoe Insoles
- Custom Team Shirts
- Running Shirt or Tank Top x3 **Reebok** 
- Running Shorts or Compression
- Shorts x3
- Running Specific Socks x3
- Sports Bra/Underwear x3
- Casual Shirt x1
- Casual Long Sleeve Technical Layer x1
- Sweatpants x1
- Costumes/Accessories
- Light Jacket (Rain Layer)
- Warm Hoodie or Jacket
- CEP Compression Socks or Sleeves
- Running Hat
- Flip Flops
- Running Headband



Pro Tip: Pack your running ensembles in zip lock bags and label them by leg number

ACCESSORIES

- Smartphone
- Car Compatible Phone Charger
- Small Video Camera
- Cowbells/Noise Makers
- Sunglasses
- Running Belt
- Wireless Headphones
- GPS Running Watch
- Activity Tracker
- Sleeping Bag or Blanket
- Sleeping Pad
- Small Car Pillow
- Portable Massage Roller
- Elevated Legs
- Hydration Belt
- Reusable Water Bottle



Pro Tip: Download the Ragnar App!

SAFETY GEAR

- Reflective Vest (Required for every runner)
- Headlamp (Required - 2 per van)
- Taillight (Required - 2 per van)
- Hand Torch (Not required, but awesome)
- In Case of Emergency (ICE) Contacts for Each Runner



Pro Tip: Although only 2 headlamps are required per van, it's a good idea for every runner to have one when navigating in the dark.

VAN ITEMS

- Van Decorating Supplies
- Markers
- Team Van Magnets
- LED Lights for Inside/Outside of Van
- Anything that will make your van stand out but not litter the course
- Cooler
- Ice
- Trash and Recycling Liners
- First Aid Kit
- Printed Ragnar Race Bible
- Pace Calculator

TOILETRIES

- Body wipes
- Deodorant
- Sunscreen
- LipBalm
- Bobby Pins/Hair Ties
- Comb/Brush
- Anti-Chafe Powder or Cream
- Toothbrush/Toothpaste
- Blister Protection
- Ibuprofen
- Extra Roll of Toilet Paper

FOOD

- Water
- Snack Bars
- Electrolyte Tablets
- Food of Your Choice



Pro Tip: Many Ragnar Relays have fundraisers along the course where you can buy food to support the local community.



Pro Tip: ShowerPills are better than baby wipes!