

# **M2M Checklist**

## **Clothing**

- Changes of clothes
- Shoes
- Extra socks
- Headbands/sweatbands
- Running pouch
- Sandals or non-running shoes for between runs
- Team uniform/costume items
- Towels
- Outer- and undergarments
- Running hat
- Jacket, poncho, or shell for cold or rain
- Sweatshirts
- Vest, if necessary
- Sunglasses
- Water carrier
- Bib and safety pins
- Extra safety pins

## **Food**

- Breakfast foods
- Lunch foods
- Hydration drinks
- Gel packs
- Energy food
- Trail mix
- Granola bars
- Fruit
- Snack foods that fuel
- Cooler with ice

## **Toiletries**

- Prescription medicines
- Toothbrush and toothpaste
- Hairbrush or comb
- Hair ties
- Lip balm
- Sunscreen
- Bug repellent
- Baby wipes
- Antibacterial wipes
- BodyGlide or Vaseline (stay safe from the chafe!)
- Antibacterial soap
- First aid kit
- Blister care kit
- Toilet paper
- Other hygiene products

## **Electronics and such**

- Smart watch/fitness tracker
- Cell phone
- Headphones
- Chargers for fitness tracker/ phone/headphones
- Camera
- Batteries
- Two-way radios
- Flashing lights
- Flashlights
- Head lamps
- UBT's Spotify playlist

## **Sundry items**

- Baggies for sweaty clothing items
- Towels
- Blankets
- Neck pillow for naps
- Driver's license
- Foam roller
- Percussion massager
- Garbage bags
- Markers to decorate the van
- Other van decor
- Masking/duct tape
- Spray bottles
- Paper towels
- Air fresheners
- Febreze
- Cowbell
- Paper plates
- Signs