



GET READY. BE READY.

THE OFFICIAL RAGNAR ROAD PACKING LIST

CLOTHING AND FOOTWEAR

- ☐ Beanie and gloves
- ☐ Custom team shirt
- ☐ Rain gear and layers for all temps
- ☐ Running hat and head band
- ☐ Running or compression socks (x3)
- ☐ Running shirt, tank, or top (x3)
- ☐ Running shoes
- ☐ Running shorts, tights, or bottoms (x3)
- ☐ Sports bra, running underwear (x3)
- ☐ Sweats, hoodies, and comfy clothes
- ☐ Costumes and team flair

SAFETY GEAR*

- ☐ Hand flashlight
- ☒ Headlamp (required 2 per van)
- ☒ Reflective vest (required for every runner)
- ☒ Tail light (required 2 per van)

RUNNING ESSENTIALS

- ☐ Additional reflective gear
- ☐ GPS running watch
- ☐ Headphones (bone conduction preferred)
- ☐ Hydration pack or belt
- ☐ Reusable handheld water bottle
- ☐ Running phone case
- ☐ Sunglasses

RECOVERY

- ☐ Performance drink
- ☐ Massage device
- ☐ Recovery shoes
- ☐ Pain relief gel

TOILETRIES

- ☐ Anti-chafe balm
- ☐ Blister protection
- ☐ Body wipes
- ☐ Deodorant
- ☐ Hair ties & Brush
- ☐ Hand sanitizer
- ☐ Lip Balm
- ☐ Lotion
- ☐ Sunscreen
- ☐ Toilet paper
- ☐ Toothbrush/toothpaste
- ☐ First aid supplies

VAN GEAR

- ☐ Cash
- ☐ Cooler
- ☐ Cowbells/noise makers
- ☐ Ice
- ☐ Insulated Coffee Tumbler
- ☐ Phone
- ☐ Phone charger
- ☐ Sleeping bag or blanket
- ☐ Sleeping pad
- ☐ Small Pillow

VAN GEAR

- ☐ Team magnets
- ☐ Trash & Recycling liners
- ☐ Van Decor
- ☐ Window and van markers

FOOD AND WATER

- ☐ Snacks
- ☐ Electrolytes and hydration
- ☐ Plenty of water

OTHER

- [illegible]