

## Long Run Planning Checklist

### \_\_\_\_\_ Gather and charge any electronic devices:

- \_\_\_\_\_ Cell phone
- \_\_\_\_\_ GPS watch and/or heart rate monitor
- \_\_\_\_\_ iPod or other music source
- \_\_\_\_\_ Headphones
- \_\_\_\_\_ Also load any music or audiobooks onto your device
- \_\_\_\_\_ Digital metronome or app on smartphone

### \_\_\_\_\_ Plan your route

### \_\_\_\_\_ Set your wake-up alarm

### \_\_\_\_\_ Fill your car with gas to get to your route (or ready your bike, bus pass, etc.)

### \_\_\_\_\_ Organize your fuel:

- \_\_\_\_\_ Pre-run food and coffee?
- \_\_\_\_\_ Fuel belt
- \_\_\_\_\_ Sports bottles or hydration pack
- \_\_\_\_\_ Filled with water and/or sports drink
- \_\_\_\_\_ Gels, chews, beans, any food for consumption on the run
- \_\_\_\_\_ Post-run snacks and recovery drinks

### \_\_\_\_\_ Set out your running clothes and other gear:

- \_\_\_\_\_ Shoes
- \_\_\_\_\_ Socks (Compression socks? Calf sleeves?)
- \_\_\_\_\_ Underwear
- \_\_\_\_\_ Running tights, pants, shorts, skirt or any combination of those
- \_\_\_\_\_ Sports bra
- \_\_\_\_\_ Shirt, tank top (plus arm sleeves? Jacket? Vest?)
- \_\_\_\_\_ Gloves, sweatbands, Handana
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Headband, hairbands, bandana, bobby pins
- \_\_\_\_\_ Cap, visor, or cold weather hat
- \_\_\_\_\_ Toiletries and post-run clothes (Toilet paper? Feminine products? Towel? Shampoo?  
Face wipes? Medications or special needs?)

### \_\_\_\_\_ Gather any sun and body protection you use:

- \_\_\_\_\_ Sunscreen and lip balm with SPF
- \_\_\_\_\_ Body Glide or other product to prevent chafing
- \_\_\_\_\_ Band-aids
- \_\_\_\_\_ Blister protection - 2nd Skin or Moleskin etc.

### \_\_\_\_\_ Groom yourself:

- \_\_\_\_\_ Trim your toenails (not too short! No cutting calluses!)
- \_\_\_\_\_ Shave legs, armpits, anywhere you shave

### \_\_\_\_\_ Think safety:

- \_\_\_\_\_ Tell someone when and where you are going, and when you expect to be back
- \_\_\_\_\_ Consider reflective gear, knuckle lights and headlamp
- \_\_\_\_\_ Pack pepper spray or the like