



RECOMMENDED PACKING LIST:

- Three sets of running/walking clothes
- Running/walking shoes
- Spare running/walking shoes, sandals
- Spare shoe laces
- Change of clothes for beach
- Swimsuit/trunks
- Gloves for running/walking
- Bandana (dusty/gravel legs 19-21)
- Two (2) LED Flashers (two are provided per team bag, thanks to Providence)
- Sunglasses, glasses, contact lense solution
- Towel, washcloth (shampoo, hairbrush)
- Toothbrush/toothpaste
- Antiperspirant
- First aid (blister/band aids, Icy Hot, aspirin, antacids)
- Instant Ice Packs, ace bandages
- Sleeping bag/ small pillow
- Toiletries
- Food, snacks
- Large full water containers to refill water bottles
- Reusable water bottles
- Reflective vest (for night time legs)
- Flashlight (for night time legs)
- Warm-ups (for in between legs)
- Plastic Bags/Ziploc bags for wet clothes
- Handy Wipes, antibacterial
- Running/walking GPS or other watch
- Mobile phone/charger
- Sleeping bag cushion
- Hat w/ headlight (Portland Running Company), or LED headlight
- Race Handbook
- Scotch tape (to tape team numbers to van windows)
- Sunscreen
- Ear plugs
- Download HTC App on iPhone (Android available 2017): <http://endorphinapps.com/relay>

(Use of speakers/audio worn on the head while participating is not allowed). Speakers below the head are acceptable.