

Tobacco Road Relay Runner Supply List

This is not an extensive list, because of course, every runner has their peculiar needs. But hopefully this list is a start...before The Start!
REMEMBER...space is limited in your vehicle.

Runner List:

- Required safety equipment (headlamp, reflective vest, blinking LED)
- Shoes - two pair for running, flip flops/sandals for downtime
- Clothes - two outfits to run in (including MudGear socks), clothes for post race, raincoat, warm clothes, costumes(?!)
- Hygiene - towel, wash cloth, baby wipes, soap, toothbrush, deodorant
- Personal - watch, medication, glasses, contacts, etc.
- Food/Hydration- what you will need on race day and while you run
- Copy of cue sheets for your legs
- Cell phone with charging cable or portable charger, with TRR Legs downloaded
- Camping Chair or Blanket for Exchange Zones
- Positive attitude!

Team List:

- Team Waiver and Runner Order
- Two reflective vests, two headlamps, two flashing LED lights
- Clipboard or binder and pencil/pen
- First aid kit with supplies for blisters, Cooler with ice
- Download course maps to your phone
- Download Vehicle Driving Directions to your phone
- Print and review Team Handbook, Runner Cue Sheets, Driver Cue Sheets
- Trash bags for trash/recycling
- Toilet paper
- Tape (you never know)
- Cooler with water/hydration beverages and/or 5-gallon water cooler
- Snacks
- Gallon size zip-lock bags - for wet clothes
- Extra safety pins for race bibs
- Vehicle registration and insurance documents
- List of emergency contact names and phone numbers of all runners
- Medical information for all runners
- Air freshener