



Training Sessions:

- ❖ Water bottle;
- ❖ Sports drink;
- ❖ Piece of fruit, museli bar or bread;
- ❖ Toilet bag – containing deodorant, soap etc;
- ❖ Change of clothes;
- ❖ Jumper, track-suit;
- ❖ Hat, sunscreen;
- ❖ Fuel-belt;
- ❖ Towel;
- ❖ Running singlet, shoes, shorts & socks;
- ❖ Training fees;
- ❖ Money for drink, coffee, taxi (in case of emergency);

Competitions:

- ❖ Race number;
- ❖ Safety pins;
- ❖ Racing shoes;
- ❖ Running Shorts;
- ❖ Running Singlet, t-shirt;
- ❖ Running Socks
- ❖ Spare clothes – shorts, t-shirt, underwear, socks;
- ❖ Warm / wet weather clothes – tracksuit, jumper;
- ❖ Hat
- ❖ Spare shoes for warm-up, warm down;
- ❖ Sunscreen
- ❖ Water bottle, sports drinks, sports gels, sports bars;
- ❖ Toilet bag – deodorant, soap etc;
- ❖ Fuel-belt;
- ❖ Towel;