

# Check Got everything?

## Your personal checklist

### Before the race / arrangements

- Flight
- Accommodation
- Visa / passport
- Opening hours EXPO  
– important for your arrival
- Health check / doctor appointment  
(not mandatory but for your own safety)
- Money change

### The event week

- Check your flight time
- Visa / documents
- Pack your timing chip
- Enter your emergency contacts

### En route to your race

- Money / bib number as public transportation ticket
- Program Guide / Participant Information
- Food / drinks

### After the race

- Dry changing clothes
- Food / drinks
- Massage oil

### Your race

- Bib number  
(attached to the front of your race shirt and the filled in emergency contact on the back of the Bib)
- Timing chip (in the laces of your shoe- right or left doesn't matter)
- Safety pins / Bib number holder
- Running shoes (worn min. 50k)
- Running socks
- Running pants (worn before)
- Running shirt (worn before)
- Heart rate monitor / fitness tracker / Performance sports watch (if available)
- Cap (for the sun / rain)
- Headband
- Belt for bottle
- Sunscreen
- Sun glasses / spectacles
- Plasters for possible blisters / to protect your nipples (men)
- Old clothes to keep warm at the start and throw away for charity reasons afterwards
- Water to avoid dehydration
- Running gloves for (for cold seasons)
- Rain apparel

