

# Emily NOLAN

## WHAT TO PACK ON RACE DAY

### In your cheerleading bag:

- Wet wipes** (the port-o-potty's will not have toilet paper! Bring wet wipes for you and all your friends who are out there cheering for you.)
- Hand sanitizer** (Because, port-o-potty!)
- Face wipes**
- Sunblock**
- Body Glide** (For last minute lube before you run)
- Food and snacks for your cheer team** (pre-plan this the day before)
- Race day maps for everyone**
- Ponchos for everyone in case it rains**
- Dry outfit to change into after your race**
- Protein shake or recovery bar** (to munch on after you cross the finish line)
- Posters for the race**

### On you:

- Running gear**
- Warm up clothes** (Tip: If it's cold, wear sweatpants to keep your legs warm. Throw them in your cheerleader's backpack before you race!)
- Running belt**
- Identification**
- Cash** (Tip: Fold emergency money into a pill bag so it doesn't get wet.)
- Cell phone**
- Mophie battery charger**
- Ear buds**
- Gels** (Pack a couple extra for added fuel or in case you drop one!)
- Salt Stick pills + medicine carry bag**
- Hand held water bottle**
- Extra hair tie**



Thanks to contributor  
Allison Aaron, MS, RD!