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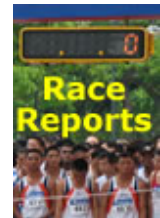
Marathon Packing List by Jamie Pang

This checklist will provide a small measure of relief from those last minute packing woes...

Part of the thrill and (and exasperation) of the marathon lies in the preparation - the hours upon hours, miles upon miles of training. Once you get that part of the ritual out of the way, there's the headache of putting together a packing list, a task which will be rendered even more important if the race is an "outstationer".

After a couple of marathons (both out-of-towners), coming out with my third packing list going into my third marathon would now be simpler. Through personal learnings and incorporating some priceless advice from other marathoners, I've come up with a sample list for first-time marathoners to start with. It is by no means exhaustive, so you should feel free to adapt accordingly. Some items are only applicable if it's an out-of-town event.

My list is designed with well-organized marathons and also a potential timebomb of an event which will require a more thorough think-through. This is also assuming that you're a mid-packer like me as Elites will want to travel and run light. Another assumption is that your race destination is somewhere warm. Lastly when it comes to racewear and shoes, pack only those that you've tested in your longest runs. Now you're good to go. Don't forget to set your alarms (I set 3 alarms - Palm, watch, clock - for fail proofing) and lay out your race gear the night before the race!



Items	Alternative	★ ★ ★ ★ ★ Marathons	★ ★ ★ ★ ★ Marathons
Clothing			
Pacesetters Brooks Vest	Any favourite pairing		✓
Pacesetters Brooks Shorts			
Dri-FIT Vest			
Dri-FIT Shorts	Any lightweight T-Shirt	✓	This is mostly for sightseeing use. Lightweight shirts wash and dry easily
Dri-FIT T-Shirt			
Response T-Shirt			
Underwear	Any field tested briefs, bras		✓
Waist Belt	Race-Ready Shorts with pockets	Optional. Some runners pin their gel packs to their shorts like grenades	
Water Bottle Belt		✓	Not required as there will be ample/regular water/isotonic stations
Swimming Trunk		Optional	
Other non-race clothing items		✓ Unless you go about naked	
Footwear			
Wave Rider / Creation	Shoes that you've gone the distance with in training		✓
Dri-FIT socks			

Spare socks		
Sandals / Slippers		
Nutrition		
PowerGel		✓
PowerBar		
Snacks (Mars, Snickers bars)	Any convenient and tested cereal bars	
Vitamin & Mineral Supplements		
Coffee/Chocolate Drink Sachets		Optional but useful for morning pick-me-ups in the hotel room
Bananas		✓
Bread/Bagel		
Sports Drinks (re-packed into smaller serving-size packs to reduce bulk)	Bottled or canned (powdered)	
Post-Race/Recovery Drinks (re-packed into smaller serving-size packs to reduce bulk)	Protein, Endurox	
Kitbag		
Flanil	Any sports massage creams	Optional
Icepack, Compress, Bandages		Optional
Watch		✓
Shades		
Band-aids	Nip Guards	
BodyGlide	Vaseline (a poor alternative)	
Sun Block		✓ SPF130 is now available
Tylenol		✓
Alarm Clock		
Others		
Camera, Palm (for memories and race reports)		✓
Reading Glasses		Optional
Bin Bag (for pre-race insulation), spare plastic bags		✓
MP3 Player		Optional
Spare Contact Lenses		Optional
Contact Lens Solution		
Small Change (To buy refreshments. Notes only)	✓ Certain pathetic marathons don't provide adequate drinks	✓ Leave some in your bag to enjoy the post race carnival
Toiletries	✓ Unless you don't shower	
Small Backpack (for race expos and walk-about)		✓
Water Bottles (To hydrate throughout pre/post. Also to carry to the start line. 500ml)	✓ Mineral water bottles work best as they're disposable	

The journey continues...
Jamie, Aug 11th, 2004

