



# PACKING LIST

Check out the RiMaConn Collection for custom designed apparel and all of necessary gear! [SHOP HMF](#)

## CLOTHING

- Commemorative RECOVER Race Tee \*IN
- Running Shoes
- Running Socks (x3)
- Running Hat
- Running/Compression Shorts (x3)
- Running Top (x3)
- Underwear/Sports Bra (x3)
- Hoodie / Long Sleeve
- Sweatpants
- Rain Jacket
- Compression Socks / Sleeves
- Towel
- Bandana
- Flip Flops

## FOOD & DRINK

- NUUN Electrolyte Tablets \*IN
- BAKERY ON MAIN Snacks
- LESSEREVIL Popcorn \*IN
- Your Favorite Snacks
- Water
- Energy Gels / Bars
- Ice
- Food of Your Choice

## TOILETRIES

- Anti-Chafe Cream
- Sunscreen
- Deodorant
- Bobby Pins / Hair Ties
- Comb / Brush
- Tooth Brush / Tooth Paste
- Ibuprofen
- Blister Protection/Ointment
- Lip Balm
- Baby Wipes / Hand Sanitizer
- Toilet Paper / Tissues

## SAFETY GEAR

- Reflective Vest \*REQUIRED  
- 1 Per Team Member
- Headlamp \*REQUIRED  
- 2 Per Vehicle
- Tail Light \*REQUIRED  
- 2 Per Vehicle
- First Aid Kit / Band Aids
- Flashlight
- Spare Batteries / Battery Pack
- Team Members/Emergency Contacts List

## ACCESSORIES

- GOODR Sunglasses \*IN
- SPECIALIZED Reusable Water Bottle \*IN
- Smart Phone
- Car Phone Charger
- Portable Massage Roller
- Compression Tape
- Hydration Belt
- Race Belt / Fanny Pack / Running Backpack
- GPS Running Watch

## MISCELLANEOUS

- RiMaConn Relay Team Guide \*IN
- Race Bibs \*IN
- Bracelet Baton \*IN (given at start)
- Window Markers (to decorate your car with!) \*IN
- Team Pace Calculator
- Trash / Recycling Bags
- Cash / Credit Cards / Wallet
- Cooler (with Ice)
- Re-sealable Bags

\*IN = Included in your team gear bag!

THANK YOU TO OUR AWESOME PARTNERS!

