



Corporate Centurion Challenge

PACKING LIST

Use this suggested packing list to prep for race day, whether you're traveling or local. Some items are specific to cold or hot weather. Temperatures drop in the evenings.



Clothing

- 2 pairs shoes
- 3 pairs shorts
- 3/4 pairs socks
- 3 T-shirts
- 2 long sleeve running tops
- 2 caps
- Running rain jacket
- Buff
- Towels
- Blanket / sleeping bag
- Tracksuit top and pants
- Warm jacket
- Flip Flops
- Beanie
- Gloves



Equipment

- Glasses
- Waterbottle / Camelbak
- Race number band
- Ear phones / iPod
(For while you are resting, not walking!)
- Headlamp
- Plastic bag for wet running gear
- Safety Pins
- Watch and power bank



First Aid / Toiletries

- Sunblock
- Vaseline for chafing
- Lip Ice
- Mycota Powder
- Toiletries (Toothpaste etc)
- Valoid
- Imodium
- Plasters
- Toilet Paper
- Ziploc Bag
- Wetwipes
- Tissues
- Rehidrat
- Myprodol



Food

- Wine gums / energellies / fruit pastilles
- Jungle Oats, Energy and Protein bars
- Fruit / biltong / nuts
- Cereal plus milk
- Powerade



Other

- Pen / Paper / Clipboard for lap counting
- Book / Magazine
- Download Music or Movies on devices

Important Rule:

It is a walk, so you must walk! (Rule 230 Definition of Race Walking: Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.