

INSERT REVISED MASTHEAD

STRIDE
WALKATHONChallenge Data Troubleshooting &
Contacting Support

Packing List

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.

<p>Clothing 2 pairs shoes 3 pairs shorts 3/4 pairs socks 3 T-shirts 2 long running tops 2 caps Running rain jacket Buff Towels Blanket / sleeping bag Tracksuit top and pants Warm jacket Flip Flops Beanie Gloves</p>	<p>Equipment Glasses Waterbottle / Camelbak Race number band Ear phones / iPod (For while you are resting) Headlamp Plastic bag for wet running gear Safety Pins Watch and power bank</p>	<p>Food Wine gums / energellies / fruit pastilles Jungle oats, Energy and Protein bars Fruit / biltong / nuts Cereal plus milk Powerade</p>
	<p>First Aid / Toiletries Sunblock Vaseline for chafing Lip Ice Mycota Powder Toiletries (Toothpasteetc) Valoid Imodium Plasters Toilet Paper Ziploc Bag Wetwipes Tissues Rehidrat Myprodol</p>	<p>Other Pen / Paper / Clip board for lap counting Book / Magazine / Download Music or Movies on devices</p>

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.