



Wasatch Back Relay Checklist

Must Have

Reflective Vest
Head Lamp
Flashing Lights
Hydration System
Extra water bottles
Energy drink
Recovery drink
Blister/First Aid Kit
Bodyglide
Hat or Visor
Sunglasses
Energy Gels/Blocks
Sun Screen
Ice
Warm clothes
Drinking water
Drenching water
Real Food
Cooler
DEODERANT!!

You'll Wish You Had

Shower Wipes
Extra pair of shoes
Extra shorts
Extra running shirts
Extra Socks
The Stick
Compression Apparel
Compression Calf Sleeves
Electrolyte Supplements
Running Watch
Heart Monitor
Speed/Distance Monitor
Alternate Hydration System
Hand Held Water Straps
Book/Magazine
Music
Wash Cloth
Blanket
Pillow
Sleeping Bag
Extra Cash
Ibuprofen /Tylenol
More Food and Water
Games/Entertainment
Camera/Video
Washable Car Markers