

Whether Las Vegas, Denver or San Antonio is your race destination, we've got just the checklist to help you pack.

PRE-DEPARTURE

- Passport/Visa(s)/Personal Identification
- Cash & Credit/ATM Card(s)
- Check expiration dates on Passport, Drivers License, and Credit Cards
- Inform bank/credit cards companies if you're traveling abroad
- Travel & Medical Insurance Documents
- Health Documentation/Vaccination Card
- Prescriptions in original packaging
- Student ID Card/Frequent Flyer Card(s)
- Reservations & Itineraries
- Hotel/Tour Contact Info
- Hotel Loyalty/Hostel Membership Card(s)
- Transportation Tickets
- Printed copies of Tickets/Passports/Emergency Information

ORGANIZATION

- Main Travel Bag (rolling bag/travel backpack/duffel bag)
- Packing Organizers (packing folders, packing cubes)
- Comfort & Security Items (travel pillow, money belt, travel lock)
- Day Bag & Travel Wallet (backpack, shoulder bag, travel organizer)

BASICS

- Lightweight, Easy Care Clothing
- Hydration Belt
- GPS Watch or Heart Rate Monitor
- Foam Roller for Post-Run Stretching
- Rain gear: wind and water-resistant coat, umbrella, and waterproof shoes
- Clothes for Layering
- Travel Shoes
- Bathing Suit
- Sport sunglasses and/or a sweat-wicking hat
- Beanie/Gloves
- Money Belt or Security Pouch
- Extra Socks
- Sandals, to let your feet breathe after the race

EVERYDAY ACCESSORIES

- Guide Books & Maps
- Cell/Smart Phone & Charger
- Travel Apps: Airplane Travel, Local Transportation & Dining
- Camera/Video Camera, Memory Card & Charger
- Music Player, Headphones & Charger
- Computer & Cords
- Wristwatch
- Electrical Converters & Adapters
- Travel Alarm
- Travel Pillow/Blanket/Eye Shade/Ear Plugs
- Travel Journal & Pen(s)/Address Book
- Reading Material & Games (download to tablet)

TOILETRIES

- Water-resistant toiletry bags
- Travel Bottle Set (3 oz or less)
- Clear One-Quart Size Bag(s) for Toiletries in Carry-On
- Comb/Brush/Hair ties
- Toothbrush & Paste/Floss
- Deodorant/Soap
- Facial Tissues/Toilet Paper
- Personal Hygiene Items
- Shampoo & Conditioner
- Scissors, Nail Clippers & Tweezers (pack in checked luggage)
- Moisturizer/Body Lotion with SPF
- Make-up/Lip Balm with SPF
- Face Wash/Towelettes
- Shaving Kit & Extra Razor(s)
- Glasses & Eyeglasses Case
- Extra Contacts, Solution & Case
- Travel Towel(s)
- Mirror

TRAVEL HEALTH

*Consult your health center or physician for help in planning your trip's medication needs.

- Travel Health Information
- Personal Prescriptions (Copies of Scripts)
- Pain & Fever Relievers/Thermometer
- Cold Medicines
- Diarrhea/Laxative Medicines
- Allergy Medicines
- Hydrocortisone Cream/Antibacterial Ointment
- Throat Lozenges
- Multi-Vitamins
- Sunscreen/Lip Balm/Sunburn Relief
- Insect Repellent/Mosquito Net
- Motion Sickness Pills/Bands
- Hand Sanitizer
- Medicines & Vaccinations specific to the region you're traveling

HOME CHECKLIST

- Post Office to hold mail
- Stop newspaper
- Pre-pay bills
- Clean out refrigerator
- Unplug appliances
- Turn off heater/air conditioner
- Turn down water heater
- Turn off washing machine taps
- Lock all doors and windows
- Set up timed light system
- Store valuables in a safe place
- Leave house key and trip itinerary with a trusted friend
- Leave flight and hotel itineraries with a trusted friend
- Reconfirm/check-in online with airline

**If gone for more than 30 days check with homeowner's insurance for specific directives*

Make sure you have what you need, anywhere you go. We have you covered for any trip.

WHEEL

Considerations for a main bag can vary based on how you prefer to pack. Consider:

Wheeled Carry-on – Pick up a standard 22” carry-on to eliminate the hassle of airport check-in. A 22” size is the maximum carry-on size for U.S. domestic travel – but check with your carrier to confirm.

Wheeled Carry-on Backpack – The ultimate carry-on system. Wheel your bag or wear it on your back. Zip-off the detachable backpack to use as your out-and-about bag at your destination.

CARRY

Your constant companion.
Everyday travel bag and wallet.

Backpack – Perfect for all-day sightseeing. Day bags offer a toggle closure or lockable zippers to help protect your valuables.

Shoulder Bag – Wear your bag cross-body to keep your items close to help secure your things.

Waistpack – Maybe it's as easy as a waistpack – everything you need right at your fingertips

ESSENTIALS

- **Stay organized, get comfortable and keep your valuables from greedy hands.**
- **Shoe Bag** – keep dirty shoes away from clean clothes
- **Travel Bottle Set** – organize toiletries in your carry-on bag
- **Travel Pillow, Eye Shade, Ear Plugs**
- **Travel Alarm**
- **Money Belt or Neck Wallet**
- **Guide Books & Maps**
- **Camera, Memory Card & Charger**
- **Packable Tote or Duffel**