

GLOBERACERS DROP BAG ESSENTIALS FOR PACKING PERSONAL DROP BAGS



This is a recommended list that we put together from our experience on the trails/races. Please pack as your training method demands and race-day requirements.

Essentials:

- Change of tee and shorts
- Socks
- Rain gear
- Change of shoes
- Long sleeve layers
- Winter wear
- Head gear (Buff/Bandana)
- Sunglasses
- Cap
- Sunscreen
- Blister kit
- Vaseline
- Baby powder
- Band-aids
- Toilet tissue
- Extra batteries
- Extra headlamp

Consumables

- Hydration – your choice of electrolytes
- Nutrition – Bars etc.

Support essentials

- Safety pins
- Ibuprofen/Aspirin
- Baby wipes
- Alcohol wipes
- Lighter/Matches
- Trekking poles
- Support meds (if you use any regular medication that does not interfere with physical activity/exertion).