



2019 Army Ten Miler
Sunday, Oct 13, 2019

Packing List (By Day)

Consolidated Packing List:
(Check when packed)

Saturday, Oct 12

Travel:

Jeans
Undershirt
Button-down
Tall black socks
Regular Underwear
Black Pegasus
Jacket
Belt
Headphones

Misc.:

Toothbrush
Toothpaste
Floss
iPad
iPhone
Power cord
Sunglasses
Running watch
Retainers
Ear Plugs

_____ Toothbrush
_____ Floss
_____ iPad & iPhone
_____ Power cord
_____ Sunglasses
_____ Running watch
_____ Retainers
_____ Ear Plugs
_____ Singlet
_____ Nike half tights
_____ Run underwear (2)
_____ Nike split shorts
_____ Running socks (5)
_____ Gloves
_____ Arm warmers
_____ Nike 4% Vaporfly
_____ Tights
_____ Long Sleeve
_____ Black Nike Shorts
_____ Comfortable T-Shirt (2)
_____ Sweatshirt
_____ Regular Underwear (2)
_____ Tall black socks (2)
_____ Nike T-Shirt
_____ Toothpaste
_____ Headphones
_____ Belt

Sunday, Oct 13

Race:

Singlet
Nike half tights
Run underwear
Nike split shorts
Running socks (2)
Gloves
Arm warmers
Nike 4% Vaporfly
Tights
Long Sleeve

Relax/See DC:

Nike Shorts
Running socks
Comfortable T-Shirt
Sweatshirt
Regular Underwear
Tall black socks
(Reuse jeans, etc.)

Monday, Oct 14

Morning Run:

Nike T-Shirt
Running socks
Run underwear
(Reuse tights)

Travel:

Regular Underwear
Tall black socks
Running socks
Comfortable T-Shirt
(Reuse shorts, etc.)

Prepare For Your Next Race

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