

# Tom's Run

## Recommended Equipment List

(Remember, it's going to be hot out there!)

Team		
Item	Team member	Check
Bicycles with headlights – probably two bikes is enough		
Bike flat tire repair kit		
Spare batteries for all kinds of lights		
Reflective vests		
Trash bags		
Toilet paper		
Baby wipes		
First aid kit		
2-way radio w/ 20 mile range (not necessary, but might help keep track of runners/bikers)		
Maps of course and local roads (topo maps are good)		
GPS Navigation system (not necessary, but might help to find transition points)		
Water, Gatorade, juices		
Food and snacks, protein bars, juicy fruits		
Picnic plates, cups, paper towels and utensils		
Mats or lawn chairs for relaxing at exchange points		
Individual		
Flashlight and spare batteries		
Reflective vest		
Spare running shoes		
Shoe laces		
Spare running clothes		
Sweats (warm outer clothes)		
Cell phone with car charger		
Toiletries		
Sleeping bag w/pillow		
Sunglasses		
Sunscreen		
Hat or visor		
Money ( debit/credit card)		
Camera		
Rain Gear		
ID/driver's license		
Book		