

OBSTACLE COURSE RACE CHECKLIST

EVERYTHING YOU NEED FROM TRAINING TO RACE DAY



TRAINING

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|---|--|--|
| ☐ Blister pads | ☐ Vasyli+Prior Sports Orthotics | ☐ TheraBand Foot Roller |
| ☐ Shoes with good traction | ☐ Jump rope | ☐ 2nd Skin Blister Bandages |
| ☐ Bike | ☐ Pool access | ☐ Biofreeze Classic |
| ☐ CanDo Kettle Bells | ☐ TheraBand Hand XTrainer | ☐ TheraBand Foam Roller |
| ☐ TheraBand FlexBar | ☐ Weights | ☐ TheraBand Stretch Strap |
| | ☐ TheraBand Resistance Band | |

RACE DAY

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| ☐ Sunscreen | ☐ Shoes with good traction | ☐ Hat |
| ☐ Moisture wicking clothing | ☐ Blister pads | ☐ Phone |
| ☐ Cramer Skin Lube | ☐ Knee and elbow pads | ☐ Sunglasses |
| ☐ Gloves | ☐ TheraBand Kinesiology Tape | ☐ Hair brush |
| ☐ Hand warmers (colder races) | ☐ Baby wipes | ☐ Snacks |
| ☐ Several towels | ☐ Garbage bags | ☐ Water bottle |
| ☐ Money | ☐ ID | ☐ TheraBand Massage Roller |
| ☐ First aid kit | ☐ Change of clothes | ☐ Biofreeze Classic |
| | ☐ Extra pair of shoes/flip flops | |