

RUNDisney PACKING LIST

CARRY ON

- License
- Credit cards
- Insurance card
- Flight boarding info
- Magic Band
- Annual Pass Discount card
- Phone
- Phone charger and cord
- Garmin
- Eyeglasses
- Sunglasses
- Ear buds
- Kindle or Book
- Tissues
- Makeup, Comb, Nail file
- Sunscreen – 3oz (in baggie)
- Band-aids
- Gum
- Medicine if necessary
- Disposable poncho
- Umbrella if necessary
- Hand sanitizer (in baggie)
- Handi-wipes
- Running shoes, socks
- Race outfit or costume for first event
- Running sunglasses
- Fueling needs for one race
- runDisney Race Waiver
- Jacket
- Travel pillow

RUNNING GEAR

- Race costumes/outfits
- Sports bras
- Socks
- Compression socks
- Second pair of running shoes
- Rain resistant jacket
- K-Tape or other taping needs
- Running belt(s)
- Wireless ear buds
- Headband, hair clips
- Nipple guards
- Energy gels
- Fueling needs
- Recovery needs
- Visor or hat
- Waterproof phone case
- Garbage bag(s)
- Emergency blanket
- Newspaper
- Throwaways
- Cold gear clothes
- Running gloves, hat

PACKING

- Electronics chargers
- Multi-outlet surge protector
- Snacks
- Coffee, tea bags
- Sweeteners
- Laundry detergent
- Small sewing kit
- Scissors
- Extra plastic baggies
- Disposable rain ponchos
- Heavy poncho
- Foam roller or Rolling Stick
- Ear plugs
- Contact supplies
- Safety pins
- Robe
- Pajamas
- Shorts
- Shirts, tank tops
- Sweatpants or yoga pants
- Jacket or sweatshirt
- Gloves, knit hat
- Flip flops
- Park shoes
- Underwear
- Socks
- Swimsuit, cover up
- Winter coat if necessary

TOILETRIES

- Shampoo/conditioner
- Body wash
- Bath pouf/suction cup for shower hanging
- Body lotion
- Facial wash/cleansers
- Facial serums/lotions: Day and Night
- Shaving supplies
- Vaseline, Body glide
- Lip balm
- Sunscreen: regular and sport
- Deodorant
- Hair gels, de-tangler, etc.
- Hairspray
- Blow dryer
- Hairclips, head bands, elastics
- Brush, comb
- Makeup
- Tweezers
- Q-Tips
- Nail clippers, nail file, nail polish
- Feminine supplies
- Toothpaste, toothbrush, floss
- Liquid hand soap
- Medicine