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)
* Bandaids
* 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