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