

Item	Quantity	Check	Notes
Tarp	2		For spreading out on the ground and layout equipment, second is for covering equipment based on weather
Chairs	3		One for each member of the crew/ used for racers when at aid stations
Blanket & Pillows	3		One for each crew member / may be used for racers when at aid station if they need to recover
Crew Food	Based on Crew Size		Food for your crew members to eat while waiting for you.
Gallons of Water	3		1 for Crew, 2 for runner
Glove Warmers	10		Keep your crew warm
Umbrella	2		One for every crew member. Keep Crew comfy if weather changes
Race Aid Station Info/Pace Chart	2		2 copies of aid stations map with estimated arrival times
Box of Plastic Gloves	1		For crew to wear while helping (protect them from your dirtiness)
Sharp Scissors or Knife	1		To cut off clothing in case of emergencies or to save time
Pack 1ft Zip Ties	1		Emergency use (fix broken vest, shoes, clothes ect.)
Roll of Duct Tape	1		For emergencies
Sun Tan Lotion	1		Protect your crew, and your self from the sun by keeping a bottle of sun screen on hand. Don't be afraid to go with the strong stuff
Cups	5		One for every member of the crew and racers
Car USB adapter	1		For charging items like phones or headlamp batteries
Flash Lights/ Headlamps	5		One for each crew member & backup for racers
Batteries (size needed for headlamp)	10		Enough to replace racers head lamp batteries
Paper Towels	1		Just in case something needs to be cleaned
Trash Bags	3		One for every crew aid stations / for easy clean up
Glow Sticks - Optional	2		Hang 2 glow sticks from your crew vehicle at night to make it easier to find at the aid station
Race Food Bags	Varies		Runner should provide crew with food bags labeled for each crew access point. Make this as organized as possible to make it easy on your crew.
Backup Gear	Varies		Extra lube, locks, shoes, and anything else you may want or need during the race. Placed in clear plastic bags and in a bag labeled as "Backup Gear"
Emergency kit	Varies		Needle, bandaids, any other emergency gear
Finishing Bag	Varies		Jacket and change of clothes for the finishing runner