

Ragnar Relay Gear Checklist:	
Clothing and Footwear:	
Separate running outfit for each leg (zip lock bags for organization)	
Well-fitted running shoes (rotate between two pairs)	
Extra socks (moisture-wicking)	
Rain gear (lightweight, wind- and water-resistant coat)	
Appropriate attire for varying weather conditions	
Required Gear:	
Reflective vest	
Headlamp (with extra batteries)	
Blinking LED taillight (with extra batteries)	
First aid kit (bandages, antiseptic wipes, pain relievers, blister treatments, etc.)	
Extra batteries for electronic devices	
Hygiene Essentials:	
Sunscreen	
Bug spray	
Flip flops for communal showers	
Deodorant	
Toothbrush	
Dry shampoo	
Flushable wet wipes	
Camping and Sleeping Gear:	
Sleeping bag	
Pillow	
Yoga mat for stretching	
Lantern for late-night activities	
Fuel and Snacks for the Run:	
Energy gels	
Protein bars	
Trail mix	
Electrolyte drinks	
Running water bottle or waist pack	
Other Miscellaneous Items:	
ID and cash	
Extra snacks and electrolyte supplements	
Cooler for perishable items	
Portable stove for hot meals	
First aid kit	
Extra batteries	
Foam roller and massage gun for recovery	
Non-essential items for fun and team bonding (playing cards, board games, frisbee, etc.)	