

BATAAN PACKING LIST

This is Amy Cotta's personal packing list, you may need to add or omit items to fit your personal needs.

GETTING TO THE EVENT

- Flight | travel info
- Hotel | Airbnb info
- I.D
- Bataan Parking Pass
- Money | Credit Card
- Laptop | iPad

SUITCASE & CARRY-ON

- BDU'S or other pants, shorts to wear during event
- Boots (or running shoes)
- Event change of clothes
- GPS | Watch | Heart Rate Monitor
- Wind breaker
- Ziplock bags
- Airline tickets
- Cell phone charger
- Moisture wicking shirt
- Neck and or leg gaiters
- Personal care items
- PJ's
- Travel clothes home
- Boonie Hat
- Clothes to wear home
- iPod or other music player
- Pack or Rucksack
- Sandals or other comfortable shoes to wear home
- Skull cap & gloves
- Whatever you're using for pack weight
- Old robe or jacket from GoodWill -- This is for the freezing morning hours. You can leave on base and it will be donated.
- Food and other items are purchased in town after arrival

YOUR PACK - PACKING LIST

- Blister pads
- Body glide or Vaseline (for feet & chafing)
- 3-4 pairs of extra socks (put them inside ziplocks to keep them clean & dry)
- Foot powder
- Lip Balm
- Money!! (for burgers & dogs at mile 13-14) - they normally have beer available for purchase after you finish!
- Safety pin & alcohol wipe (to pop blisters)
- Solar phone charger
- Sun block
- Extra video camera (I carry a palm size Sony to capture the day without running out my phone).

- Antacids
- Water bladder (filled)
- Hand sanitizer
- Head lamp
- Sun glasses (reading glasses if needed)
- Extra water bottle
- Wet Wipes (for hands & bathroom breaks)
- Extra ziplock bags (2)
- Food (trail mix, candy, protein)
- Flasks filled with pickle juice (2)
- Salt replacement (I use Base Salt)
- Nutrition supplements (Sports Beans, Clif Shots, GU packs etc.)
- Gatorade singles or other sports drinks you can mix
- Pain medication (I like to use Ibuprofen that contains caffeine.)

EVENT DAY

Items NOT being carried in your pack or ruck can be kept in a separate bag in your car for easy access when needed.

- Pre-packed Pack OR ruck (see list below)
- Whatever you're using to weigh down your pack (if not already in your pack)
- Race belt (if using one) with your number attached
- Any Memorial items your carrying (if not already attached)
- GPS | Watch
- Headlamp
- Parking pass & ID
- Sharpie for last minute body art (I normally write "Embrace the suck" on my calf to give others a laugh as I walk by.)
- Windbreaker or arm-sleeves
- Goodwill robe or jacket that can be left on base
- Light gloves (if cold)
- Gaiters (leg - if wearing running shoes)
- Gaiter (neck)
- Music & headphones