



# TRANSROCKIES™ RUN

## SUGGESTED PACKING LIST

### \*\*\*MANDATORY GEAR\*\*\*

You will not be allowed into the start corral without these items in your pack for stages 2-6. Failure to follow this protocol may result in DQ or time penalty.

- warm hat/beanie *must cover ears*
- light gloves
- shell jacket
- emergency blanket *1 per person*

### FOR EACH DAY'S RUN:

- Small reusable cup for aid stations - *no cups on course!*
- Drop Bag - *it's nice to have flip flops or water shoes and warm layers waiting for you at the end of each stage.*
- Shell Jacket - *Wind/Water resistant for the run*
- Light Gloves
- Emergency Blanket - *one per person*
- Trail Running Shoes *(we suggest bringing a back-up pair also)*
- Outfit for each day *(we suggest putting each one in a 2 gallon ziplock bag, then you can use it to put your dirty clothes back in) Bras, Tees, Tanks, Long Sleeves, Shorts, Capris, Leggings, Socks, Gaiters, Buffs, bib belt... whatever you usually wear on race day!*
- Hat or Visor
- Hydration Pack
- Sunscreen
- Chapstick
- Deodorant
- Body Glide
- Small First Aid Kit with basics - *bandaids, tweezers etc.*
- Nutrition/Gels/Electrolytes for each day *(we will also have loads of GU products out at each aid station as well as other sweet/salty treats)*
- GPS Watch
- Sunglasses
- Trekking poles *(optional - most use them on stages 2 & 4)*

### FOR EVENINGS IN CAMP:

- Sweatshirt/Hoodie
- Pants/Jeans
- Beanie
- Clean/warm socks
- Puffer Jacket
- PJs
- Headlamp
- Small bag to carry things around at camp

### FOR POST RUN/SHOWER:

- Water shoes for days we end near a creek *(you also use these before/after showering, but you aren't allowed to wear them into the shower truck)*
- Bathing suit *for Chillville Beach @The Meadows or days we end near creeks/ivers*
- Toiletry bag for the shower truck - *one with a hook keeps it dry and off the shower floor... with:*
  - soap
  - razor
  - shampoo/conditioner
  - lotion
  - deodorant
  - toothbrush/toothpaste
  - hairbrush/hair ties*Leave the hair dryer! There are no outlets.*
- Fast Drying Towel *(Just hang it over your tent after showering. Things dry fast at altitude.*
- Comfy outfit to throw on after showering
- Reusable water bottle
- Pain Reliever
- Prescription Meds
- Cash/Cards *for Nova Guides BBQ, Anything you need to grab in in Leadville, Mango's tacos/margs*

### FOR CAMPING

- Cell phone & charge cords *(Label your cords/electronics. There is an impressive charging station in Chillville.)*
- Power Bank *to charge things overnight*
- Sleeping Bag
- Sleeping Mat & Pillow
- Warm insulating layers/wool socks
- Tent Light
- Tarp to keep floor of tent dry and warm
- Earplugs
- Ziplock bags & Garbage bags *optional*
- Bungie cord + Clips *to use as clothesline to dry things or mark your tent*
- Something to mark your tent *so you can find it in the sea of tents*

### OPTIONAL

Bring something to decorate your duffle bag so it's easy for the crew to spot, like colorful duct tape and feel free to attach tips or fireball to the straps of your duffel each morning!

### FOR BANQUET

Pack a clean outfit and leave in your luggage (not your duffel). You will be reunited with your luggage at the finish line in Beaver Creek or at Nova Guides if you are running the 3 Day event. Some like to dress up for the banquet. Most wear something casual and comfortable.