



# Mid-Race Drop Bag Checklist for sweaty runners

Sweat Smarter Run Farther

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Runner Name: \_\_\_\_\_

Bib Number: \_\_\_\_\_

Race: \_\_\_\_\_

Checkpoint Location: \_\_\_\_\_

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## **Fuel & Hydration** - *Think: this should fully reset your fuelling for the next section*

- Energy gels / chews (10–20 miles worth)
  - Energy bars / real food options
  - Electrolyte tablets or powders
  - Salt capsules (based on your sweat rate)
  - Fluids (bottle or bladder if allowed)
  - Backup fuel (in case of dropped / lost items)
  - “Morale boost” snack (something you actually want)
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## **Clothing & Weather Protection** *Comfort = efficiency for the second half*

- Dry socks (priority item)
  - Spare top (lightweight & moisture-wicking)
  - Waterproof jacket / windbreaker
  - Hat / buff / gloves (depending on forecast)
  - Compression sleeves (optional)
  - Spare shoes (if needed for terrain change)
  - Dry bag / zip-lock (to keep items protected)
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## **Recovery & Comfort** *Fix small problems early before they cost you time*

- Anti-chafing cream / lubricant
- Blister kit (plasters, tape, pads)
- Sunscreen (easy to forget mid-race)
- Pain relief (only if used safely)
- Wet wipes / towel
- Spare race number pins (optional but useful)

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## **Emergency & Backup**

- Phone (fully charged)
  - Portable charger / power bank
  - Headlamp / spare batteries
  - ID / emergency contact details
  - Small first aid kit
  - Spare nutrition (in case your main plan fails)
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## **Packing & Organisation**

- Items grouped (fuel / clothing / medical)
  - Clear bags or labelled pouches
  - Easy grab-and-go layout
  - No unnecessary items
  - Bag clearly labelled (name + bib number)
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## **Final Race Check (Before You Hand It In)**

- Fuel ready for next section
  - Clothing matched to forecast
  - Known problem areas covered (chafing, blisters)
  - Essentials packed (phone, safety, ID)
  - Bag positioned correctly at checkpoint
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## **Pro Tip**

Pack this the day before — then review it again on race morning.

👉 Your tired mid-race self will thank you.

👉 **Want a full hydration strategy for race day?**

Visit: [Sweat.Smart.Running](https://www.sweatsmartrunning.com)