

The Essential *runDisney* Packing List

www.thefarmgirlgabs.com

Toiletry Essentials

Deodorant
Hand Sanitizer
Sunscreen
Glasses
Sunglasses
Glass Case
Contact & Case
Saline Solution
Facial Wipes or Wash
Make-up remover / wipes
Face Moisturizer
SPF Lip Balm
Make Up
Tweezers
Nail Clippers / Nail File
Tissues
Gum / Mints
Insect Repellent
Safety Pins
Travel Pillow

Medicine Essentials

Prescription Medicine
Acetaminophen
Ibuprofen
Band Aids
First Aid Ointment
Small Instant Ice Packs
Recovery Needs (foam roller, hydration tabs, etc.)
Energy Gels/ Fueling Needs
Knee/ankle braces/KT tape
Body glide/Sports shield

Race Essentials

Race Costume
Sweater/Light Jacket
Underwear
Rain Poncho
Sports Bras
Running Sneakers (2 pair if running all weekend)
Flip Flops
Light jacket/sweater
Gel shoe inserts (if needed)
Compression socks/shorts (multiples if you are running more than one race)
Running shorts/moisture wicking shirts (to wear under costume if necessary)
Race Costumes/outfits
Extra shoe laces
Headband
Hairclips & Ponytail Holder
Visor/Running Hat
Flip belt/runners arm band
Racing bib strap (if applicable)
Large garbage bags/old sweatshirts (to wear while in corral pre-race. You can ditch both before running, used clothing is donated to charity!)

Travel Document Essentials

Passports / ID
Airline Information
Boarding Passes
Cash
Credit Card/s
Drivers License or ID Card
Maps / Guidebooks
Medical Insurance Cards
AAA Cards
Magic Band
Annual Passholder discount card (if applicable)

Electronic Essentials

Cell Phone
Portable Battery Charger
Waterproof phone case
Phone Charger / Cords
Headphones / Ear Buds
Waterproof Cases for phones and camera
Mini-flashlight (for early am)
FitBit / Apple Watch / Garmin & Chargers
Camera