



# PACKING CHECKLIST

**GLENCAIRN**

## RACE CLOTHING

### Running gear x 2

- Trail shoes
- Shirts
- Shorts
- Socks
- Windbreaker

## ADDITIONAL

- Hydration pack (voluntary)
- Running watch, heart rate strap + charger
- Favourite energy bars, gels, race drink and snacks (no littering!)
- Beanie, scarf and gloves for evenings
- Casual clothes for after shower
- Warm long pants
- Underwear
- Slops
- Closed shoes
- Sleeping bag (temperatures of below freezing can be experienced at Glencairn Farm)
- Pillow
- Blanket, sheet
- Towel
- Torch/headlight
- Personal toiletries
- Chafing cream
- Earplugs
- Sunscreen
- Chargers (please label)
- Rehydrate
- Cash (bar, physio & massagers) nearest ATM is 5.2kms away
- Credit card (medical emergencies)
- Passport ( If you plan on visiting the top of Sani Pass)

## CELLPHONES

Please I.C.E (In Case of Emergency) your phone.

## IMPORTANT

Do not bring valuables to the race. We cannot take responsibility for valuables lost during the course of the event.

## HYDRATION PACKS

These are not compulsory but for those running "The Ram Run" it is advisable.

## HEAD LAMPS

Please bring your own as there is minimal lighting in the camp area and it is not fun tripping over your mate's guy-rope trying to find your way to have a wee in the freezing Drakensberg night air.

[WWW.GLENCAIRNSWIMRUN.CO.ZA](http://WWW.GLENCAIRNSWIMRUN.CO.ZA)