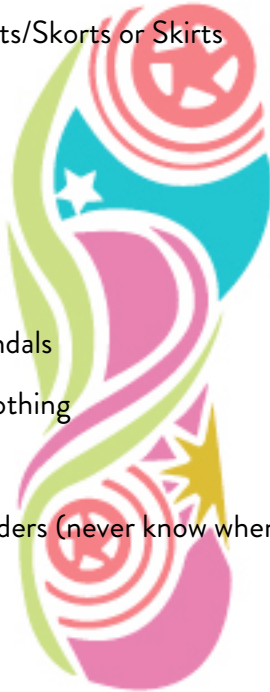


Racing with a Stroller - Race Day Check List

By [Run Stroller Run](#)

Parents Running Equipment

- Hat
- Orthotics
- Running Shirt
- Running Shoes
- Running Shorts/Skorts or Skirts
- Sports Bra
- Socks
- Sunglasses
- Water Bottle
- Flip Flops/Sandals
- Post Race Clothing
- Towel
- Pony Tail Holders (never know when you will need extras)



Stroller Equipment

- Jogging Stroller
- Stroller Sun & Bug Protector
- Stroller Rain/Weather Protector (only use if 60 degrees and below)
- Stroller Fan
- Car Seat Adapter (if baby is younger than 6 mos. old)
- Car Seat (if baby is younger than 6 mos. old)

- Footmuff Cold Weather (7 A.M. Infant, Toastee Toddler, J.J. Cole BundleMe)
- Stroller toys
- Bike Pump for the Stroller Wheels

Baby/Kid Items

- Hat
- Sunglasses
- 1 outfit
- Coat/jacket (Weather dependent)
- Sunscreen (**[California Baby SPF 30+ Fragrance Free Sunscreen 2.9 oz](#))
- Bug Repellent (**[California Baby Bug Repellent Spray, 6.5 Ounce](#))
- Wipes (travel pack for diaper bag)
- Diapers (2 extra for race day)
- [Diaper Rash Cream](#) (great for chaffing as well)
- Plastic bags. Carry a variety of sizes for storing soiled diapers, clothes, and blankets.
- Bottles (2 bottles or more depending on race distance)
- Formula (even if you breast feed; if you get injured you want to ensure your baby has something to eat)
- Bottled water (for formula)

** [Run Stroller Run Recommends](#)

Racing with Stroller - Race Day Check List Continued

Snacks - Finger Foods (e.g., Mum Mums, Puffs, Yogurt Melts, Cheerios, etc.)

Water Cups

Pacifier

Blanket

Favorite Comfort Toy

If Breast Feeding

1 cooler/insulated lunch bag for the breast pump bottles

1 ice pack

1 [Uddercover](#) if you like to cover up

Miscellaneous

Advil

Antibacterial hand wipes

Camera

Cell Phone

Confirmation Letter/Email

Directions to Race

Energy Bars

Energy Drink

Energy Gels

Heart Rate Monitor

Heart Rate Monitor Chest Strap

Money

Race Number Belt

Race Number

[Road ID](#) or some form of identification

Rx Glasses

Sodium Pills (only if you are running a ½ or Full Marathon)

Sun Block

[Sweaty Band](#)

Toilet Paper

Wallet

Water

Wrist Watch

Child's Earphones (if you allow your child to watch a movie on a tablet, phone or some other electronic device)



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