

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. Enfant, 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)

** [Run Stroller Run](#) Recommends

www.runstrollerrun.com

Racing with a Stroller - Race Day Check List continued

- 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)
- 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 a running a ½ or Full Marathon)
- Sun Block
- Sweaty Band
- Toilet Paper

Racing with a Stroller - Race Day Check List continued

- Wallet
- Water
- Wrist Watch
- Childs Earphones (if you allow your child to watch a movie on a tablet, phone or some other electronic device)



RUN
STROLLER
RUN