











EVENT DAY CHECKLIST

-  **Fuel up**
Eat a wholesome breakfast and light snacks throughout the day.
-  **Pink Up**
Add a touch of pink to your event day outfit.
-  **Bring along your tunes!**
A pumping playlist is essential to keep you going during any challenge or event.
-  **Backpack or bum bag**
An event day bag will be essential to carry your phone, car keys and all personal items you may need.
-  **Hat or visor and sunscreen**
Even on a cloudy day, you need to be sun safe.
-  **Bring a towel**
Handy during or after any major sweat session.
-  **Safety pins or magnets**
If you are competing in an event with a 'race number' you can never have too many of these!
-  **Emergency cash**
You may need a few extra dollars for unforeseen pre / post event costs.
-  **Exercise watch**
Track your pace and your time with and keep record of when you beat your personal bests!
-  **Recovery balms and rubs**
Stock up on muscle rubs and Epsom salts to help sooth aching muscles.



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