GLENCAIRN TRAIL RUN

PACKING CHECKLIST

RUNNING GEAR X 2

- ☐ Trail shoes
- ☐ Shirts
- ☐ Shorts
- ☐ Socks
- ☐ Windbreaker
- ☐ Dress up items (theme for 2026 is Dressed for the Wrong Occasion)

ADDITIONAL

- ☐ Hydration pack (advisable)
- ☐ 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 (including rain jacket)
- ☐ Warm long pants
- ☐ Costume for water slide and dam swimming!
- ☐ Underwear
- ☐ Slops
- ☐ Closed shoes
- ☐ Sleeping bag (temperatures of below freezing can be experienced)
- ☐ Pillow
- ☐ Blanket, sheet
- ☐ **Towel**
- ☐ **Torch/headlight**
- ☐ Personal toiletries
- ☐ Chafing cream
- ☐ Earplugs
- ☐ Sunscreen
- ☐ Chargers (please label)
- ☐ Yoga Mat
- ☐ Picnic blanket
- ☐ Zapper / Cash / Card (bar, event shop & partner stores)
- ☐ Credit card (medical emergencies)

IMPORTANT!

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

CELLPHONES

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

HEADLAMPS

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.