

# Ultralist

## Running Clothes

- shirt/singlet
- shorts/tights
- socks
- underwear/jockstrap
- shoes
- visor/hat
- gloves
- wind/rain jacket

## Extra Clothes

- shirt
- shorts/jeans
- socks
- whitie-tighties
- crocs/sandals/flip-flops
- warm jacket

## Nutrition

- Gu/sport gel
- power/clif/granola bars
- cookies/candy/little debbie snacks
- potato chips
- V8
- soda
- sandwiches: turkey/cheese
- soup/noodles
- endurolytes

## First Aid

- neosporin
- ibuprofen
- baby powder
- band-aids
- moleskin/duct tape
- body glide/vasoline
- chap stick
- sun block
- aloe/solarcaine/lotion
- hand sanitizer
- poopie paper
- tums

## Hydration

- hand bottles
- waist pack
- camelback
- Gu<sub>2</sub>O
- water

## Miscellaneous

- face towels
- batteries
- flashlight/headlamp
- camp chairs
- quart/sandwich/snack bags
- ice
- cooler
- dirty clothes bag
- ipod
- bug spray