

## **Printable checklist of items to bring to your Tough Mudder events**

### **Pre event:**

- Banana – last minute fuel
- Water/Gatorade
- Money - for bag drop and car parking
- Photo ID or license
- Signed waivers – printed from Tough Mudder website, or from your email pack
- Event ticket – either on your smartphone or printed off
- A thirst for free beer and your best attitude!

### **During event:**

- Running clothes
- Running shoes
- Strapping tape/joint braces (ankles, knees etc)
- Your latest Tough Mudder headband (Legionnaire or Orange finisher)

### **Post event:**

- Plastic shopping bags/garbage bags (*lots!*) – for muddy clothes and shoes
- Spare clothes – including shirt, jumper (*very important*), pants, socks and shoes.
- Towels – at least 2
- Camera - to take some finisher photos with your mates
- Money – for food and merchandise in the Mudder Village

