**ULTRA MAMMA’S CORNER**

PACKING FOR THE 100-MILER

by Nancy Shura-Dervin

Pack all supplies in clear crates so you are able to see the contents inside. Label crates on the sides and ends so they can be easily identified when stacked.

MEDICAL BOX

* Electrolytes
* Alka-Seltzer
* Tums
* Sunblock
* Salt or electrolyte tablets
* Oral Rehydration Salts
* Candied Ginger
* Tylenol
* Toothbrush/toothpaste
* Traumeel (arnica)
* Arnica muscle rub
* Hand wipes/baby wipes
* Bug spray
* Potassium magnesium aspartate (capsules)
* Imodium
* Caffeine pills
* Hydropel/Aquaphor/lube
* Dramamine
* Chapstick
* Sea sick bands aka Sea Bands
* Bandanas
* Deodorant
* Eye drops
* Feminine hygiene products
* Contact lens products

BLISTER KIT

* Kinesio 2 inch tape
* Tincture of Benzoin
* Scissors
* Scalpel blades or lancets
* Triple antibiotic ointment
* Heel lifts
* Alcohol wipes
* Nail clippers
* Scissors

SHOES

* Insoles (2)
* Shoes (2)
* Sandals
* Socks (2)
* Shoe scissors

KITCHEN BOX

* Paper Towels
* Toilet Paper
* Trash Bag
* Cups/plates
* Ziploc Bags; All sizes
* Cutlery
* Can opener
* Sharp knive/spoon/fork
* Tea/Coffee/creamers
* Race drinks
* Food (fresh/dry/canned/baby food)
* Broth bottle

CLOTHING BOX

* Underwear
* Bandanas
* Bra
* Buff (2)
* Shorts (2)
* S/S shirt (2)
* L/S shirt (night)
* Running pants (1)
* Scrunchie
* Sunglasses
* Swim goggles
* Clean clothes
* Sleeping bag/pillow
* Gaitors

AFTER RUN CLOTHING BOX

* Clean, dry clothing
* Clean, dry shoes, sandles, socks
* Towel
* Shower supplies

BATTERIES, GEAR, ETC.

* Head lights (batteries) for runner and crew
* Hand held lights (batteries) for runner and crew
* Lantern
* Mini flashlights (batteries)
* Walkie-talkies (batteries)
* Camera/charger
* IPOD/Headphones (battery charger)

CREW BOX

* Food and drink for crew
* Suggest that crew bring clothing and running supplies in one small duffel bag.