

Check Got everything?

Your personal checklist

Before the race / arrangements

- Covid-19 proof
(vaccinated, recovered, tested) per App.
For EU citizens are these:
Corona warning app/ Luca app/CovPass app)
- Hotel/overnight stay
- Enter your emergency contacts and your own
- mobile phone number in your user account
- Visa / passport + [Einreiseanmeldung.de](https://www.einreiseanmeldung.de)
- Opening hours [EXPO](#)
– important for your arrival
- Health check / doctor appointment
(not mandatory but for your own safety)
- Money change
- Credit cards / money

The event week

- Covid-19 proof for the EXPO
- Medical face mask for the EXPO
- Start card
– important for picking up the bib number
- Pack your timing chip
- Passport / ID card
- [Event Magazine](#) / [Event Information](#)

Your race

- Medical face mask for start and finish line area
- Your wristband
(participation or status check)
- Event Information
- Bib number
(attached to the front of your race shirt and the
filled in emergency contact on the back of the Bib
/ as public transportation ticket)
- Timing chip (in the laces of your shoe- right or left
doesn't matter)
- Safety pins / Bib number holder
- Running shoes (worn min. 50k)
- Running socks
- Running pants (worn before)
- Running shirt (worn before)
- Heart rate monitor / fitness tracker /
- Performance sports watch (if available)
- Cap (for the sun / rain)
- Headband
- Belt for bottle / hydration backpack
- Sunscreen
- Sun glasses / spectacles
- Plasters for possible blisters / to protect your
nipples (men)
- Old clothes to keep warm at the start
- Water to avoid dehydration
- Running gloves for (for cold seasons)
- Rain apparel
- Helmet (for wheelchair competitors & handbiker)
- Mobile phone

After the race

- Dry changing clothes
- Food / drinks
- Massage oil
- Bib number as public transportation ticket

