

What to pack – kit bag essentials

Here is a checklist of what you will need for the London Marathon:

- Final instructions for race day (given to you at the Marathon Expo)
- Travel details and train times
- Timing chip for your shoe (attach this before you leave the house or hotel)
- Race number and safety pins (again, it is a good idea to attach this to your running top before you travel and ideally the night before)
- Running shoes
- Pre-race clothes to wear over your running kit (check the weather forecast, but it always tend to be a bit cold before the race so don't forget a couple of warm layers and a hat)
- Black bin liner or old top to be discarded on the start line
- Racing kit – vest/top, shorts, socks, hat, plus any sunglasses, food belts, sweat bands or any other piece of kit you can't possibly run without!
- Post-race clothes – clean underwear, something warm and something waterproof, especially important if you have a long journey home (some of the post-race clothes will obviously double-up as your pre-race)
- Mile splits
- Wet wipes
- Small/travel towel
- Vaseline
- Sun cream
- Toilet paper
- Plastic bag for used kit
- Energy and recovery drinks
- Energy gels
- Post-race food – such as a banana or fruit bar
- Details of where to meet family and friends afterwards

At the London Marathon Expo you will be given a kit bag for all your gear, along with a bag label with your runner number on it. Bags are put onto huge trucks at the start in at the start and you will collect your belongings at the finish in the Mall.