 ARE YOU READY TO RACE?

Here are a few things that you may want to think of to make sure you are race ready.

**RACE PREP**

* Increase complex carbohydrate intake 3 days prior (rice, pasta, potatoes, whole grains)
* Aim for 7-9 hours of sleep a night 2-3 nights before
* Take rest days 2 days prior to race day
* 3-5 days prior drink plenty of liquid (90-120 oz/day). This can include water, fruits/vegetables, hydration drinks (Urine should be clear or pale yellow) – Add electrolytes if it is hot or humid. Limit the intake of caffeinated drinks such as coffee, tea, or soda as they can be dehydrating.
* Sip water consistently throughout the day of the race

**PACKING FOR THE RACE**

Here are some suggestions of things to pack for the race

**Required**

* Paddle\*
* Medical ID bracelet\*
* PFD\*
* Team Race Shirt\*
* Race shoes\* (many festivals require close toed shoes NOT flip flops)

**Pretty Important**

* Water bottle(s) – bring extra water and plan to carry it with you all day except during the race. Some festivals provide extra water for participants but other do not.
* Snacks (granola bars, protein bars, peanut butter, crackers, oranges, jerky etc)
* Seat Saddle or cushion
* Hat
* Sunglasses (with retainer strap)
* Gloves

**For Your Comfort**

* Sunscreen
* Bug Spray
* Towel
* Chair
* Neck fan or personal fan
* Cooling towel or scarf
* Dry Clothes/sweatshirt
* Personal medication