

Grand Island 50K, Trail Marathon & Half Marathon

What to Bring - Gear Checklist

- ✓ Water bottle (wide mouth allows faster refill) or similar hydration system. Volunteers will refill it at aid stations. We will have water, ice, HEED (Hammer Nutrition's High Energy & Electrolyte Drink), Hammer Gel, and Endurolytes.
- ✓ Spare clothes (to change into if you take a post race swim in Lake Superior)
- ✓ Fleece Jacket or long sleeve top (yes, its July, but you'll be on an island in Lake Superior, be prepared)
- ✓ Rain Gear (if it is forecast)
- ✓ Mosquito/Bug Repellant (there is the occasional report of mosquitoes or black flies). We will have non-DEET bug repellant at aid stations if needed.
- ✓ Snacks (we will have organic bananas, organic fig bars, mixed berry and chocolate almond energy chunks, and Michigan cherry juice, but if you would like something else, bring it along)
- ✓ Camera (optional)
- ✓ Boat ticket (Received at packet pickup).

