



# SAMARITANS

# Race day checklist

Have you got everything you need for race day?  
Check out our list below to help you get prepared, so you're ready to hit the ground running for #TeamSamaritans.

- Race day guide with map and arrival instructions**
- Your Samaritans running top with iron-on letters**
- Your race number – with safety pins!**
- Your comfy running shoes**
- Your hat/sunglasses**
- Your water bottle or sports drink**
- Snacks (for before and after your race)**
- Shared your fundraising page?**

**Extras (if you need to add your own!):**

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## Final Tips

The start line is just around the corner! We would recommend sharing an update on social media with a photo before and after your race has taken place, eg, a photo of your running kit before and a medal selfie after, along with a link to your fundraising page.

