

# **Grand Island Trail 50K, 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, Gnarly Fuel2O, Hammer Nutrition Gel, Fizz 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 Nature's Bakery Raspberry and Blueberry fig bars, and King Orchards Cherry Juice, but if you would like something else, please bring it along)
- ✓ Camera (optional)
- ✓ Race Bib with Pins (This serves as your shuttle bus and ferry boat ticket).