

TOUGH MUDDER CHECK LIST

– a free service by mudder-guide.co.uk –

FOR YOUR RUN

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|--|---|
| <input type="checkbox"/> Running shoes | <input type="checkbox"/> Swimming trunks / bikini bottom |
| <input type="checkbox"/> Running shorts | <input type="checkbox"/> Sports bra |
| <input type="checkbox"/> Running shirt | <input type="checkbox"/> Running socks |
| <input type="checkbox"/> Sweat suit (before the run) | <input type="checkbox"/> Costume |
| <input type="checkbox"/> Mud gloves | <input type="checkbox"/> Warrior paint |
| <input type="checkbox"/> Your last Tough Mudder headband | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Tape (if required) | <input type="checkbox"/> Old contact lenses (if required) |

OTHER IMPORTANT STUFF

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| <input type="checkbox"/> Ticket & parking ticket | <input type="checkbox"/> Shampoo |
| <input type="checkbox"/> Participant waiver | <input type="checkbox"/> Flip flops |
| <input type="checkbox"/> ID / driving license | <input type="checkbox"/> Towels |
| <input type="checkbox"/> Health insurance card | <input type="checkbox"/> Plastic bags for dirty clothes |
| <input type="checkbox"/> Cash for cloakroom & food | <input type="checkbox"/> Blanket for the car |
| <input type="checkbox"/> Spare clothes | <input type="checkbox"/> Water |
| <input type="checkbox"/> Party outfit for After Party (if desired) | <input type="checkbox"/> Bananas & power bars / granola bars |

FOR RECORDING TOUGH MUDDER WITH YOUR GOPRO

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| <input type="checkbox"/> Camera | <input type="checkbox"/> Cross tip screwdriver (for mount) |
| <input type="checkbox"/> Waterproof casing | <input type="checkbox"/> Charged battery |
| <input type="checkbox"/> Head strap mount (recommended) | <input type="checkbox"/> Charged battery bacpac |
| <input type="checkbox"/> Pole mount (if desired) | <input type="checkbox"/> Empty memory card |
| <input type="checkbox"/> Chest mount (if desired) | <input type="checkbox"/> Charger (for 2-day trips) |

FOR CAMPING & OVERNIGHT STAY

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| <input type="checkbox"/> Hotel documents | <input type="checkbox"/> Enough food & drinks |
| <input type="checkbox"/> Camping ticket | <input type="checkbox"/> Plates & cutlery |
| <input type="checkbox"/> Tent | <input type="checkbox"/> Cool bag |
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Dish detergent & towel |
| <input type="checkbox"/> Self-inflating mat | <input type="checkbox"/> Soap |
| <input type="checkbox"/> Camping mat | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> Earplugs (if desired) | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Medicine (if required) | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Sleeping clothes | <input type="checkbox"/> Pain relieving gel |
| <input type="checkbox"/> Additional spare clothes | <input type="checkbox"/> Plasters |
| <input type="checkbox"/> Power banks (USB charger) | |

FOR TOUGH MUDDER ABROAD

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| <input type="checkbox"/> Flight ticket (check in online timely!) | <input type="checkbox"/> Credit card |
| <input type="checkbox"/> Read terms & conditions for luggage accurately | <input type="checkbox"/> Health insurance documents for abroad |
| <input type="checkbox"/> Passport (if required) | <input type="checkbox"/> Booking special international charges of your mobile phone provider |
| <input type="checkbox"/> Booking a rental car with navigation | <input type="checkbox"/> Exchange money |
| <input type="checkbox"/> Train ticket (if desired) | <input type="checkbox"/> National flag :-) |