

# Check Got everything?

## Your personal checklist



### Before the race / arrangements

- Flight / journey
- Hotel / accomodation
- Visa / passport
- Opening hours EXPO  
– *important for your arrival*
- Health check / doctor appointment  
*(not mandatory but for your own safety)*
- Credit card / money exchange

### The event week

- Check your flight time
- Visa / documents
- Pack your timing chip
- Pack your start card
- Enter your emergency contacs

### En route to your race

- Money / bib number as public transportation ticket
- Program Guide / Participant Information
- Food / drinks

### After the race

- Dry changing clothes
- Food / drinks
- Massage oil

### Your race

- Bib number  
*(attached to the front of your race shirt and with filled in emergency contact on the back of the Bib)*
- Safety pins / Bib number holder
- Timing chip *(in the laces of your skate – right or left doesn't matter)*
- Watch
- Inline Skates / quad skates
- Skating socks
- Shorts / pants
- Shirt
- Helmet
- Protective gear *(hand / knees / elbows)*
- Water bottle *(filled)*
- Food *(muesli bar / gel)*
- Sunscreen
- Sun glasses
- Blister bandages
- Tool
- Replacement wheel / bearing / spacer/ screws
- Rain clothing / rain wheels
- GENERALI BERLIN HALF MARATHON clothing bag

