

# HALF-MARATHON SURVIVAL KIT

**Pedicure Kit** - To remind you to take it one foot at a time.

**Stay Alive Shirt** - Don't be like the first man who ran a marathon.

**Medicine** - For before, during, and after. You're going to need it.

**Dr. Pepper** - Hopefully the only doctor you'll need.

**Chocolate** - Do I really need a reason to give you chocolate?

**Snacks** - After burning 1000+ calories, you're gonna be hungry.

**Comfy Socks** - Just a little treat for your feet.



*Love,*

