

Bag Check

Here's what you can and can't have with you on the route!

Thanks for helping to keep everyone safe by following these mandatory Bag Check Rules. Please leave any large bags at home or check them at our on-site Bag Check before you head to your Route.

For parents with young children, items such as snacks and diapers can be brought on the route either loose in your strollers or fitting inside your hydration or fanny packs.

We appreciate your assistance in helping to ensure the safety of all participants.

YES

You may carry these items on the route. All items will be subject to inspection at any time.

✔ Fanny/hydration pack

No larger than 5x15x5 inches to carry food, medicine, identification, cell phone, keys or other similar items.



✔ Arm band

Can carry a cell phone or small camera.



✔ Standard "fuel belt"

Bottle must be 1 litre or smaller.



NO

You cannot have any of these items on the route.

✘ Large bags

Backpacks or any similar items carried over the shoulder.



✘ Pocket/weight vests

Weight vests or any sort of vest with pockets (lightweight running vests are allowed).



✘ Large objects/items

Any item larger than 5x15x5 inches.



✘ Large water bottle

Any bottle carrying more than 1 litre of liquid.



5L

1.5L