

Check Got everything?

Your personal checklist



Inlineskating

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)
- Money exchange

The event week

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

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 skates - right or left doesn't matter)*
- Watch
- Inline Skates / Quad skates
- Skating socks
- Shorts
- 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
- BMW BERLIN-MARATHON clothing bag

