

Backyard Ultra Basecamp Checklist

Basecamp Essentials

- Chair (reclining if possible)
- Tent or canopy
- Table or crate for gear
- Headlamps (x2) + spare batteries
- Portable clock or alarm system
- Cool box or hot food thermos

Gear & Foot Care

- 2-3 pairs of running shoes
- Multiple pairs of socks
- Foot lube (Trail Toes, SNB)
- Leukotape or KT tape
- Scissors + baby wipes
- Compression sleeves or supports

Nutrition & Hydration

- Electrolyte tabs or drink mix
- Simple carbs (bananas, bread)
- Liquid calories (broth, shakes)
- Night-time warm food
- Caffeine sources
- Ginger/mint for stomach reset

Mental Reset Tools

- Mantra card
- Crew cue sheet
- Small towel
- Smelling salts or balm
- Music playlist
- Earplugs + mask