

WS100 Drop Bag Checklist

[Runner] Drop Bag Locations & Contents:

[Point] Robinson Flat (30.3 mi):

- Ice bandana / Cooling sleeves
- Sunscreen / lip balm
- Electrolyte caps, gels, extra calories
- Dry socks / lube
- Handheld refill or vest switch

[Point] Michigan Bluff (55.7 mi):

- Food you crave (rice, PB&J, gummies)
- Cooling towel / sunglasses
- Extra socks and powder
- Salt tabs, caffeine gel

[Point] Foresthill (62.0 mi):

- Headlamp (if pacing overnight)
- Spare batteries
- Lightweight jacket / buff
- Favorite night food

[Point] Rucky Chucky (78.0 mi):

- Foot repair kit (tape, lube)

- Change of socks or backup shoes
- Warm drink mix (if overnight)
- Motivational note or photo

[Point] ALT or Green Gate (85+ mi):

- Emergency snack
- Mini electrolyte stash
- Reflective gear / safety light

[Mind] Final Tips:

- Use labels with Name & Bib #
- Organize by station + category (food/gear)
- Add colored tape for quick grab ID