WARRIOR
PERFORMANCE LAB

FREE RESOURCE



WPL RACE WEEK SERIES

TRAVEL & RACE BAG

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

TRAVEL + RACE BAG

Pack the race you planned

DOCUMENTS + ACCESS

[ ] Photo ID	[ ] Registration/confirmation
[ ] Start time and athlete guide	[ ] Venue address + transport
[ ] Emergency contact	[ ] Required medical/TUE documents where applicable

RACE KIT

[ ] Race shoes	[ ] Backup familiar shoes
[ ] Race socks + spare pair	[ ] Race outfit
[ ] Sports bra/base layers	[ ] Timing chip instructions if provided
[ ] Hair ties, tape or blister care already tested	

FUEL + FLUID

[ ] Pre-race meal components	[ ] Tested gel/chew/drink
[ ] Measured caffeine plan if used	[ ] Familiar bottle
[ ] Post-race snack	[ ] Travel-day food backup

COMFORT + RECOVERY

[ ] Warm outer layer	[ ] Dry shirt/socks
[ ] Small towel	[ ] Phone + charger
[ ] Any permitted personal medication	[ ] Simple recovery meal plan

Before you leave home

[ ] Screenshot key information in case venue signal is poor.

[ ] Check the exact event's published rules, check-in and bag restrictions.

[ ] Put essential race kit and nutrition in carry-on luggage when flying.

[ ] Do not spend race-eve energy hunting for familiar food that could have traveled with you.

Nothing new. Nothing missing. Nothing important left to memory.

EVIDENCE NOTES: Rules: Official 26/27 rulebooks: https://hyrox.com/rulebook/

Educational resource only; individualize for medical history, injury, illness, pregnancy, medication, heat risk and significant GI issues.