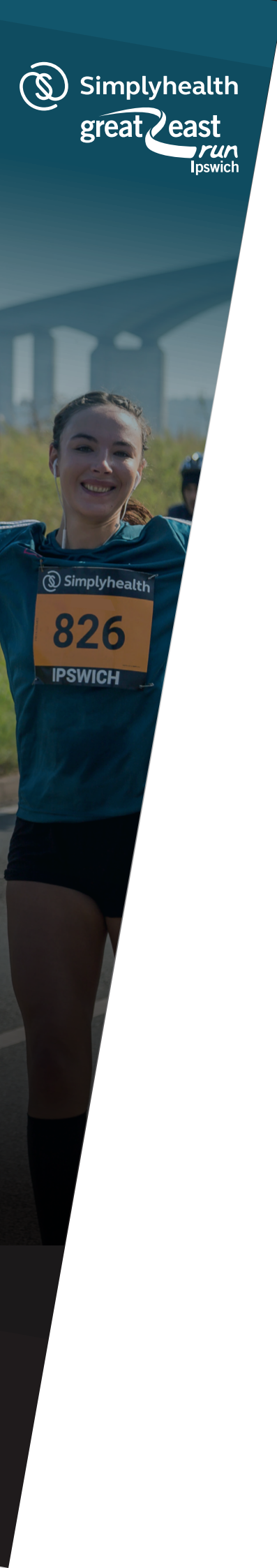


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- ☐ **TRAVEL PLANS FOR THE DAY**
Ensure you know where to park, be aware of any road closures and familiarise yourself with where you need to be in good time for the start of the event.
 - ☐ **RUN NUMBER**
Make sure you have filled in the back of your number with your details.
 - ☐ **SAFETY PINS**
Bring some spares just in case but our customer services team will have some available for emergencies on the day of the event.
 - ☐ **SPARE WARM/WATERPROOF CLOTHING**
All clothing left at the start will be collected and donated to charity.
 - ☐ **A SPARE BOTTLE OF WATER TO SIP AT THE START**
There will be bottled Aqua Pura water available at the start in case you need more as well as a water station on the course.
 - ☐ **DOWNLOAD THE GREAT RUN APP**
From the iTunes or Google Play Store. The app allows your friends and family to track you as you make your way around the course.
 - ☐ **PACK YOUR BAG THE NIGHT BEFORE**
With spare clothes, attach your baggage label (attached to your run number) and any other essential items you need. Make sure you don't leave any valuables in your bags.
 - ☐ **MAKE ARRANGEMENTS TO MEET YOUR FAMILY AND FRIENDS**
The finish is a busy place so keep an eye out for the flying banners with letters of the alphabet on them to help you meet up with your friends and family.
 - ☐ **READ THROUGH YOUR DOWNLOADABLE EVENT GUIDE**
This contains maps, travel advice, baggage information and more.
 - ☐ **CHECK THE ROAD CLOSURES**
There will be a number of road closures in place so make sure you're fully prepared and check the maps online: greatrun.org/east
 - ☐ **JOIN THE ONLINE CONVERSATION**
And share your event day photos on social media and tag them with #GreatEastRun