



# YES NO

Participants may carry these items on race day. All such items will be subject to inspection at any time.



**Hats**  
Hats, visors, & headbands

## Standard Manufactured "Fuel Belt"

Bottle must be 1 liter or smaller



**Armband**  
Can carry a cell phone or small camera

**Headphones**  
Discouraged, but permitted



**Sunglasses**  
Standard size

On race day, runners will be prohibited from carrying any of these items when entering or within any marathon venue



**Certain Containers**  
Including glass or any container capable of carrying more than 1 liter of liquid



**Masks**  
Training masks or gas masks covering ones face. Anything that obstructs airflow to the body.

- Large Bags**
- Backpacks or any similar items carried over the shoulder.
  - Handbag of any size
  - Personal hydration systems (such as Camelbak, thor, etc)
  - Weight vests or any sort of vests with pockets
  - Suitcases or rolling bags



**Costumes**  
Those covering the face or any non-formfitting, bulky outfits extending beyond the perimeter of the body



**Selfie Stick**  
Including any extendable equipment that may hold a camera or recording device