

Vermont 50 Drop Bags

[Drop Bags](#) Drop Bag Drop-Off

- **Location:** Registration Tent
- **Time:** Saturday before 7 PM
- Volunteers will collect, tag, and transport bags to designated aid stations.
- Bags are **returned ONLY after each aid station closes (+30 minutes for transport)**.

 **The Vermont 50 is not responsible for lost, stolen, or broken items.**

Alternatives

- **Have Your Crew Carry Your Bags:**
If your crew carries your bags, you'll have immediate access and won't need to wait for the aid station to close.
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Labeling Your Drop Bag

- Provided: tape and markers at the Drop Bag Table (BIG TENT).
 - **Required Labels:**
 - Bib number (**most important**)
 - Last name
 - Aid station name
 - **Colored tape:** Biker = Lime Green | Runner = Yellow
 - Make your bag **unique** within guidelines.
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Size & Weight Limits

- Small backpack/gear bag, approx. **9" x 9" x 16"**
 - **Max weight: 10 lbs** (bags will be weighed)
 - **Soft-sided only** (no plastic bins)
 - Bag must close securely
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Aid Stations Accepting Drop Bags

- **50 Mile:** #3 Skunk Hollow, #7 Greenall's, #10 Johnson's
- **50K:** #2K Ralph's (no crew access), #7 Greenall's, #10 Johnson's

✗ NO Drop Bags or clothing at #4 Garvin Hill and #5 Cady Brook

Dropping Clothing During the Race

- Allowed at **all aid stations except #4 Garvin Hill and #5 Cady Brook**
 - Returned to BIG TENT **after aid station closes (+30 minutes)**
 - Must be picked up at BIG TENT (no mailing)
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What to Pack

- Extra shoes (early stations)
 - Clean, dry socks
 - Skin lube, blister kit (band-aids, wipes, talc)
 - Electrolyte tablets/capsules
 - Gels/Blocs (not provided at aid stations)
 - Non-liquid snacks (if allergies/diet restrictions)
 - Light waterproof jacket/poncho, cap
 - Light jacket & gloves (if cold forecast)
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What NOT to Pack

- Breakable items (glass, electronics, valuables)
- Wallets, purses, jewelry, watches, GPS, cell phones (no reception anyway)

⚠ Don't put anything in a drop bag you aren't prepared to lose permanently.

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