

# TRAIL-RUNNING CHECKLIST



Our checklist for trail running includes clothing, food, gear and accessories. You may not need every item on this list for every run, but we wanted to give you a comprehensive list so you won't forget anything.

If your run involves remote backcountry travel, review the Ten Essentials to make sure you have what you need.

## WARM-WEATHER CLOTHING

- Wicking T-shirt (synthetic or wool)
- Running shorts
- Sun sleeves
- Wicking underwear (synthetic or wool)
- Sun-shielding hat or visor
- \_\_\_\_\_
- Wicking, quick-dry sports bra (for women)
- Sun-shielding Buff or bandana
- \_\_\_\_\_

## COOL-WEATHER CLOTHING

For cool weather, add these items to your warm-weather clothing:

- Long-sleeve T-shirt (synthetic or wool)
- Insulating fleece jacket
- \_\_\_\_\_
- Running pants
- Warm hat, Buff or balaclava
- \_\_\_\_\_
- Running jacket
- Running gloves or mittens
- \_\_\_\_\_

## FOOTWEAR

- Trail-running shoes
- Running gaiters (opt.)
- \_\_\_\_\_
- Socks (synthetic or wool)
- \_\_\_\_\_
- \_\_\_\_\_

## NAVIGATION

- Compass
- Route description
- \_\_\_\_\_
- GPS device (opt.)
- Topo map
- \_\_\_\_\_

## ELECTRONICS

- Multifunction watch or GPS watch
- Camera
- Cellphone case
- Heart rate monitor (opt.)
- Cellphone
- \_\_\_\_\_

## NUTRITION/HYDRATION

- Performance gels / chews / bars
- Soft-sided running water bottles
- \_\_\_\_\_
- Performance beverages or drink mixes
- Hydration reservoir
- \_\_\_\_\_

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## FIRST-AID SUPPLIES

The size of your first-aid kit depends on the duration and location of your run

- |                                       |   |                                |
|---------------------------------------|---|--------------------------------|
| <input type="checkbox"/> Blister pads | <input type="checkbox"/> Pain-relief pills                  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Moleskin     | <input type="checkbox"/> Antibiotic ointment (small packet) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Bandages     | <input type="checkbox"/> Anti-chafing cream                 | <input type="checkbox"/> _____ |

## MISCELLANEOUS

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Running pack / vest / waistbelt | <input type="checkbox"/> Sunscreen                 | <input type="checkbox"/> Medical info / emergency contact card |
| <input type="checkbox"/> Headlamp with fresh batteries   | <input type="checkbox"/> Lip balm                  | <input type="checkbox"/> Small amount of cash                  |
| <input type="checkbox"/> Extra batteries (opt.)          | <input type="checkbox"/> Insect repellent          | <input type="checkbox"/> Credit card                           |
| <input type="checkbox"/> Knife                           | <input type="checkbox"/> Sunglasses                | <input type="checkbox"/> _____                                 |
| <input type="checkbox"/> Safety whistle                  | <input type="checkbox"/> Race number and documents | <input type="checkbox"/> _____                                 |