



### **All-Season Trail Running Gear Checklist:**

- Trail Shoes
- Gaiters
- Hydration Pack/Belt/Bottle
- Electrolyte Drink
- Nutrition (Gu, Chews, etc.)
- GPS Watch (or app on phone)
- Pepper Spray (lions & tigers & bears, Oh my!)
- Dark Non-cotton Socks
- Nip Guards
- Junk or Buff Head bands
- Light breathable top
- Light weight water resistant/wind resistant jacket folds into a pouch
- Little longer 7" to 9" running shorts
- Head Lamp

### **Summer Trail Essentials:**

- Running Hat
- Sunscreen
- Sunglasses

### **Winter Trail Essentials:**

- YakTrax
- Layering top (All breathable)
- Light weight water resistant/wind resistant jacket
- Wind/water proof jacket
- Light weight gloves or mittens
- Semi-thick running tights

### **Afterwards:**

Maybe some dry cloth to switch into.

Something solid to eat and drink for afterwards (The first 10 mins to 1/2 hour afterwards is the most important time to eat.)

\*\*\* Naturally many of these items could be used year round, depending on the time, location and weather.