

OUTDOOR ESCAPE



Trail Running Guideline Packlist

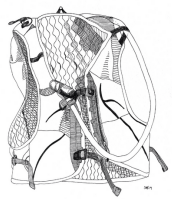
Getting the right gear can make a big difference in your experience. Please note that your gear requirements will differ from the distance that you do and the race.

Contact us or visit us in-store for assistance.



Footwear

- ☐ Trail Running Shoes



Gear

- ☐ Hydration Vest
 - Choose a volume that suits your distance and the equipment carried. It is generally between 2 l for short-distance trails and 10 to 15 l for long-distance runs and ultra-trails.*
 - 2L carrying water capacity(Bottle or Bladder)*
 - Trekking Poles (Optional)*
- ☐ Headlamp for night missions
- ☐ Running Trekking Poles
- ☐ Lightweight Whistle



Hydration

- ☐ 1.5L + Hydration Bladder/ Soft Flasks
- ☐ Soft Running Cup



Nutrition

- ☐ Energy Gels
- ☐ Energy Bars/Snacks
- ☐ Electrolytes
- ☐ BCAA/Recovery



Clothing

- ☐ Waterproof Jacket
- ☐ Lightweight Fleece
- ☐ Thermal Baselayer Long Sleeve Top
- ☐ Quick Dry Shirt
- ☐ Technical Shorts/Tights
- ☐ Trail Running Socks
- ☐ Technical Hat
- ☐ Buff
- ☐ Gaiters (Optional)



Other

- ☐ Emergency Space Blanket
- ☐ First Aid Kit
- ☐ Blister Kit/Chafing Kit