

# Trail Running Checklist



## Clothing: The Basics

- Running Shoes
- Shorts/pants
- Sports Bra
- Shirt
- Socks
- Hat and/or sunglasses
- Water: Hydration vest or waistbelt
- Food/fuel: energy bars, gels, or snacks
- Mask, buff, bandana or similar

## Other

- Whistle
- SPF lip balm
- Bug spray
- Extra phone battery
- Pocket knife

## Clothing: Longer or Colder Runs

- Jacket
- Gloves
- Warm hat/beanie
- Extra Food
- Headlamp
- Water purification tools
- Space blanket

## Navigation & Communication

- Map
- Compass
- GPS Watch
- Cell phone

## First Aid

- Blister kit
- Anti-chafing ointment/stick
- Band-Aids
- Advil/Ibuprofen
- Sunscreen



