



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)
- Wicking underwear
(synthetic or wool)
- Wicking, quick-dry sports bra
(for women)
- Running shorts
- Sun-shielding hat or visor
- Sun-shielding gaiter or bandana
- Sun sleeves
- _____
- _____



Cool Weather Clothing

- Long-sleeve T-shirt
(synthetic or wool)
- Running pants
- Running jacket
- Insulating fleece jacket
- Warm hat, neck gaiter or balaclava
- Running gloves or mittens
- _____
- _____



Footwear

- Trail-running shoes
- Socks *(synthetic or wool)*
- Running gaiters *(optional)*
- _____
- _____
- _____



Navigation

- Compass
- GPS device *(optional)*
- Route description
- Topo map
- _____



Nutrition/Hydration

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



Electronics

- Multifunction watch or GPS watch
- Heart rate monitor *(optional)*
- Camera
- Cellphone and case
- _____
- _____
- _____

