

TRAIL RUNNING CHECKLIST

WARM WEATHER NEEDS -0-	COLD WEATHER NEEDS XX
QUICK-DRY T-SHIRT QUICK-DRY UNDERWEAR AND/OR SPORTS BRA RUNNING SHORTS SUN SLEEVES HAT OR VISOR BANDANA (OPTIONAL)	QUICK-DRY LONG-SLEEVE T-SHIRT RUNNING PANTS RUNNING JACKET RUNNING GLOVES FLEECE JACKET HAT / BALACLAVA / BANDANA FOOTWEAR
NAVIGATION COMPASS HANDHELD GPS (OPTIONAL) TOPO MAP (OPTIONAL)	☐ TRAIL-RUNNING SHOES ☐ ANTI-BLISTER SOCKS ☐ RUNNING GAITERS (OPTIONAL)
ELECTRONICS SMARTWATCH OR GPS WATCH	NUTRITION/HYDRATION ☐ ENERGY BARS / GELS ☐ WATER BOTTLES
☐ SMARTPHONE ☐ HEADLAMP / FLASHLIGHT (FOR NIGHTTIME)	HYDRATION PACKS / RESERVOIR GOT MORE? ADD YOUR OWN!
☐ HEART RATE MONITOR (OPTIONAL) ☐ CAMERA (OPTIONAL)	
NICE-TO-HAVES	
RUNNING BACKPACK EXTRA BATTERIES KNIFE EMERGENCY WHISTLE FIRST-AID POLARIZED SUNGLASSES SUNSCREEN LIP BALM INSECT REPELLENT KNEEGUARD	
- KNEEGOARD	