



Running Gear Checklist

Essentials:

- Running shoes
- Running shorts/leggings
- Running tops
- Good quality socks
- Sports bra
- Water bottle

Nice to have:

- Phone holder
- Headphones
- Fitness tracker/sports watch
- Running belt

For warmer weather:

- Sun cream
- Visor
- Sunglasses

For colder weather:

- Running jacket
- Running gloves
- Hat
- Neck warmer
- Head torch/hi-vis clothing