



Starter Kit

Trail Running

Shoes



- Good traction
- Light-weight
- Supportive in midsole and heel
- Breathable

Brands: Altra, Salomon, Hoka, Saucony

<https://www.outdoorgearlab.com/topics/shoes-and-boots/best-trail-running-shoes-womens>

Hydration Vest



- Lightweight
- Carrying capacity
- Easy to adjust

Brands: Ultimate, Nathan, Salomon

<https://www.outdoorgearlab.com/topics/fitness/best-hydration-pack-for-running>

Fuel



- 80-100 calories/20-30 min
- Carbs – gels, chews, drinks, fruit (during)
- Protein – energy bars, nuts, jerky, PB & J (before/after)

<https://www.rei.com/learn/expert-advice/trail-running-nutrition-basics.html>