



# TRAIL RUNNING **PACKING LIST**

## Short distances (5 - 20 km)

### Equipment

- ❑ Trail running shoes for alpine terrain
- ❑ Running backpack (about 5 liter volume) or running belt
- ❑ Soft flask (about 500 ml of fluid per hour)
- ❑ Energy bar or energy gel (about 60 g carbohydrates per hour)
- ❑ First aid kit
- ❑ Smartphone
- ❑ GPS watch
- ❑ Trail running poles (for steep climbs)
- ❑ Headlamp (in the dark)

### Clothing

- ❑ Running socks
- ❑ Functional underwear
- ❑ Running shirt
- ❑ Running pants
- ❑ Rain jacket (minimum 10.000 mm water column)

# Medium distances (20 - 50 km)

## Equipment

- ❑ Trail running shoes for alpine terrain
- ❑ Running backpack (about 8-12 liter volume) or running belt
- ❑ Soft flask (about 500 ml of fluid per hour)
- ❑ Electrolytes (about 600 mg sodium per liter of fluid)
- ❑ Energy bar or energy gel (about 60 g carbohydrates per hour)
- ❑ First aid kit
- ❑ Smartphone
- ❑ GPS watch
- ❑ Trail running poles (for steep climbs)
- ❑ Headlamp (in the dark)

## Clothing

- ❑ Running socks
- ❑ Functional underwear
- ❑ Long sleeve top or running shirt and arm warmers
- ❑ Long running pants or shorts and leg warmers
- ❑ Rain jacket (min. 10.000 mm water column)
- ❑ Lightweight running gloves
- ❑ Running hat or neck warmer

# Ultra distances (50+ km)

## Equipment

- ❑ Trail running shoes for alpine terrain
- ❑ Running backpack (about 8-12 liter volume) or running belt
- ❑ Soft flask (about 500 ml of fluid per hour)
- ❑ Electrolytes (about 600 mg sodium per liter of fluid)
- ❑ Energy bar or energy gel (about 60 g carbohydrates per hour)
- ❑ First aid kit
- ❑ Smartphone
- ❑ GPS watch
- ❑ Trail running poles
- ❑ Pole quiver
- ❑ Headlamp (min. 800 lumens)
- ❑ Power bank and charging cable for smartphone, watch and lamp

## Clothing

- ❑ Running socks
- ❑ Functional underwear
- ❑ Long sleeve top or running shirt and arm warmers
- ❑ Long running pants or shorts and leg warmers
- ❑ Rain jacket (min. 10.000 mm water column)
- ❑ Lightweight running gloves
- ❑ Running hat or neck warmer