

TRAIL RUNNING



GET THE RIGHT GEAR TO SAFELY ENJOY THE MOUNTAIN



GPS

Essential not to lose your way. Load the track of your routes!



Mobile phone

Enter the In Case of Emergency (ICE) number on the blocked screen and download an emergency alert app such as My112.



Whistle

Very useful if you get lost, especially on foggy days.



Rucksack

Preferentially equipped with an internal water bag. You can drink the water from a flexible tube without having to stop.



Collapsible trekking poles

They will help your balance, relieve some of the weight from your legs and clear obstacles.



Running shoes

Specifically for trail running, with good grip, reinforced insteps to protect your feet, and Gore-Tex waterproof parts.



Leggings

They prevent pebbles, sand, twigs and other objects from entering your shoes.



Sunglasses

Lightweight with a category 4 solar filter. They should also protect against lateral sunlight.



Head torch

The criteria to choose the right model for you are brightness (lumens) and autonomy (running time).



Cap

Better with neck protection.



Sun protection

On mountains, sun protection of at least SPF 50 is recommended. Apply it a half hour before starting your route.



Vaseline

To prevent chafing from your clothing or footwear.



Technical apparel

Lightweight and breathable in the summer, warm and insulating in the winter. T-shirts, windbreakers, running tights or trousers.

