



## A List of Supplies that Can Make Trail Running More Enjoyable

**Order By Phone: (585) 697-3338 and Pick-Up at the Curb at the Armory or Free Shipping on \$100 or more!**

You don't need everything on this list, but it's not a bad idea to start your collection if you plan on running trails. Quality products will last you far longer and perform much better than cheap, discount gear!

- **Trail Shoes**
  - Trail Shoes w/ good traction
    - Fit is super important. Don't needlessly lose toenails
    - Traction is super important for the trails in our region
  - If you wear inserts like Superfeet the orange or berry for off road for the extra protection in the forefoot. The Carbons are also really nice for trail
  - [Schedule a Virtual Fit Here and Find the Trail Shoes that will work best for you!](#)
- **Quality Long Sleeve Base Layer Top**
  - Keeping your torso dry is really important on trails as it regulates your temperature
- **Tights, Shorts and Compression**
  - Tights, shorts are by preference with different lengths to choose from
  - Compression capri's and shorts are super popular for trail running as they offer extra support to your muscles
- **Ultralight Jacket**
  - This is a great piece for trail running as it is so light it can be balled up in your hand or stuffed in a pack easily. Remember the more stuff weighs is more weight you have to carry
    - These typically weigh about 2 ounces for the entire jacket
- **Vest**
  - Every trail runner should own at least one running vest. It keeps the chest warm on those days that you don't need a full jacket
- **Arm Warmers**
  - Easy to regulate temperature during your runs or for those start cold, end warm days
  - Turns any short sleeve top into a long sleeve
- **Great Fitting Technical Fabric Socks**
  - Wool for off road is more comfortable when wet, and your feet WILL get wet. And no, wool is not itchy.
  - Darn Tough, Smartwool, & Feetures are all awesome
  - If you don't want wool, Balega makes the best sock in the industry. The Balega Enduro quarter is the perfect sock and comes in black which is nice for trails
  - For trails go with quarter socks or micro crews as trail crap gets in your shoes with hidden styles
- **Light Weight Gloves, Hat, Buff, and Headband**
  - Easily removed and stuffed in pocket, waistband or pack if things warm up
  - In spring and fall dealing with temperature changes during trail runs is common.
  - Manzella & Smartwool have great options
- **Gaiters**

- If you want to be sure to keep crap out of your shoes, small running gaiters work well.
    - Salmon makes a very nice inexpensive pair
- **Baseball Style Running Hat**
  - Brim helps keep branches out of eyes on the trail
- **Sunglasses with Multiple Lens Options**
  - Clear, yellow and orange are great for trails
  - Glasses protect your eyes from UV rays and branches
- **Hydration Carriers** – You have to be able to carry some liquid. The longer your runs the more you need. Light weight gear is better here
  - Hand Held – Nathan, Salomon
    - One with a small pocket so you have a place to stash a gel or your car keys
  - Waist Belt – Nathan
    - 2 or 4 bottles
  - Backpack – Salomon, Nathan
    - Backpack hydration carriers also give you space to carry food, apparel, phone etc.
    - Some models will use front bottles instead of a back bladder.
    - Make sure it is designed for running, not for hiking or cycling
- **Hydration**
  - You need to replace with more than water on many long runs
    - Gu and Nuun are awesome as they have mild tastes
      - Nuun is effervescent so for some it takes getting used to
  - Post-long run it is good to have a recovery drink ready so you can speed up the recovery process
- **Calories**
  - You'll need to replace calories on the long stuff. This very much depends on what you like
    - Chews and Gels are super popular and come in tons of flavors
      - Test a bunch and find what you like and what works for you.
    - Honey Stinger Waffles are also great and taste like real food but with faster digestion.
    - Bars and real food are usually too slow digesting and divert too much blood from the muscles but do work for some people
  - Tailwind is a liquid calorie option that works really well. The idea is that Tailwind is all you use, no gels, chews or other simple sugars. Even mixing with certain real foods can upset your stomach
- **Headlamp**
  - At least a 100 lumen light for trails but go with no less than 55 lumens
  - Black Diamond makes great options that last.
    - Always keep fresh batteries in your duffel or check your lamp before you leave home. If your lamp is USB rechargeable keep your charger in your car
- **Compression Socks/Sleeves**
  - Compression Calf Sleeves are popular off road
    - Keeps crap off your lower legs (mud, ticks, sticks, thorns)
    - Helps protect the calf during tough uphill efforts
  - Compression Socks do the same as sleeves and also can be used post long run to speed up the recovery process
- **ID**
  - Road id or an inexpensive FF shoe tag with your info is important in an emergency
- **Beach Size Blanket or Orange Mud Towel**
  - To dry off with post run
  - To use to change under post run
  - To sit on in your car on the drive home
  - The Orange Mud towel is cool in that it will not fall off as you are mid change (IE naked)
- **Post-Run Apparel**

- As soon as you finish a tough trail run you should get out of your wet clothes. Stay in wet stuff and you will get cold fast
  - Switch to a cotton tee under a fleece or hoodie
  - Light weight “puffy” coats are awesome in winter, early spring and fall, 500 – 800 fill goose or synthetic down
  - Winter hat keeps things warm and cozy and adds some personality
  - Dry socks feel great and compression socks get recovery started
- **Body Glide**
  - Chafing is no fun, especially during 4-5 hour trail runs
- **A Big Duffle Bag**
  - There is no such thing as too big of a duffle
  - As you can see you bring lots of stuff to trail runs, keep it organized. Always have more than you’ll need
  - Also keep it in your trunk while you are out running, not in your back seat in full view for thieves

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**Culver Rd Armory**

155 Culver Rd, Suite 110, Rochester, NY 14620 (585) 697-3338

**Ridgeway**

2522 Ridgeway Avenue, Rochester, NY 14624 (585) 270-4334

**Buffalo**

2290 Delaware Avenue, Buffalo, NY 14216 (716) 332-3501

**Victor**

237 High St Ext, Victor, NY 14564 (585) 433-0320