

GEAR GUIDE

What do you really need to help your body rock your miles? Here are some things you might want to purchase for your training and race. Everybody's needs are different, and there is no "best" brand for every item. Be sure to research all your alternatives and test things out during your training; don't try anything new on race day!

APPAREL

The most important piece of apparel you need: good running shoes. Be sure to get a free, professional fit from a running store with someone who can check your gait and arch. For other apparel, running-specific, moisture-wicking materials will make your fit more comfortable. Here's a basic list of what you may need:

- Shoes
- Socks (avoid basic cotton)
- Team World Vision jersey
- Shirts or tanks
- Shorts or tights (pockets are your friends)
- Sports bras (get initial, professional fit)
- Hat, visor, or headbands
- Compression base layers (to prevent chafing)
- Warm base layers (for winter)
- Ear coverings (for winter)
- Rain gear
- Gaiter or buff
- Compression socks or calf sleeves
- Arm sleeves



Use iron-on letters or marker to add your name to the front.

Pro tip: wash clothes regularly and let them hang dry so clothing will last longer.

NUTRITION

Your body needs water while training for sure, but there are other hydration and food options to fuel your runs:

- Electrolyte drink/hydration products
- Gels or snacks your stomach can handle while running

Pro tip: research ingredients that suit your preferences. Make sure you try any products before race day! Learn more about nutrition for fitness here: teamworldvision.org/fuelingguide

OTHER EQUIPMENT

The list of optional equipment can be overwhelming. Check with your teammates about what they find most useful. Here are some ideas:

- Apps (there's a range of options for tracking training/nutrition)
- GPS or fitness watch
- Anti-chafing products like BodyGlide/Aquafor (for wherever there is skin rubbing)
- Hand-held water bottle or hydration vest/belt
- Runner's belt or arm band (to store your gear)
- Foam roller (for recovery)
- Headphones and music (make sure you can still be aware of your surroundings)
- Sweat-resistant sunscreen
- Sunglasses that don't slip





SAFETY GEAR

Stay aware and safe while training! If you run alone or when it's dark, you may want to invest in a few items made specifically for runners:

- Lighted vest
- Reflective gear
- Headlamps or hand-held lights
- Personal safety devices (hand-held pepper spray or alarms)
- Shoe ID tag/bracelet ID (put your emergency contact's info on it)
- Location tracking app (let a friend or family member track your location while out)

WHAT TO WEAR

RUN SMART WITH THE RIGHT GEAR

			
< 40°F	40°F - 60°F	60°F - 75°F	75°F >
Hat Gloves Long Sleeve Shirt TWV Jersey Tights (Under Shorts) or Running Pants	Arm Warmers Hat Gloves TWV Jersey Tights (Under Shorts) or Running Pants	TWV Jersey Shorts Sunblock	TWV Tank Shorts Visor / Hat Sunblock Sunglasses

RACE DAY PACKING LIST

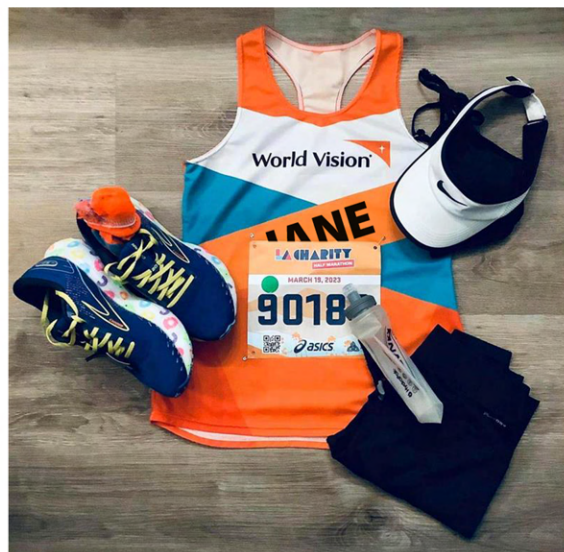
Help your race day go more smoothly by wearing or carrying these items:

- Jersey with bib, four safety pins
- Shorts or tights
- Shoes + socks
- Watch
- Hat or visor
- Hair tie
- Warm throw-away clothes (something to wear and toss before the race)
- Poncho or garbage bag
- Water bottle or hydration vest (if allowed in your race)
- Fuel (gels or other pre-tested fuel)
- Anti-chafing solution
- Sunscreen
- Menstrual products
- Extra socks
- Clear Gear Check bag (usually supplied by race)

Gear for after the race:

- Sandals
- Snack
- Recovery drink
- Body cleansing wipes
- Painkiller
- Change of clothes

Pro tip: lay out your “flat runner” the night before with everything you’ll wear and carry. (Also, use a photo of your flat runner as a social media post for donations!)



Find awesome TWV gear you can rep during your season at teamworldvision.org/store