



Hat: Helps keep both sun and rain out of your eyes and off your face! *FF Staff favorite: Nike Featherlite Cap 2.0. It's light and wicks sweat away really well!*

Hydration belt or pack: For those longer days on the trail, staying hydrated is essential! Keep up to 64 oz. of water on you and store nutrition and other necessities close. *FF Staff Fave: Ultraspire*

Outer Layer: During the cooler months having a wind and water resistant outer layer will keep you out on the trail longer! *FF Staff Fave: North Face Stormy Trail Jacket*

Shorts or Tights: The right material will reduce chaffing and comes with stash pockets to store keys, nutrition, and even your phone! *FF Staff Fave: Brooks Utopia Tight II. A great full-length tight with plenty of stash pockets and a soft-comfortable feel for winter!*

Compression Sleeves: Compression reduces muscle vibration and increases blood circulation to your muscles putting less strain on them and allowing you to go farther and longer! *FF Staff Fave: CEP Compression Sleeves- there are so many cool colors to choose from!*

Socks! A bad pair of socks can ruin anyone's day! Synthetic or Merino Wool socks are necessary to keep your feet dry and blister free! Making sure you have the right size is key to prevent them from slipping or bunching in your shoe. *FF Staff Fave: Darn Tough Light Cushion. These fun, funky Merino Wool socks are made in Vermont, are super comfortable and have a lifetime guarantee!*

Tech Top or Baselayer: Moisture management is critical for staying comfortable during any exercise. A good baselayer in colder weather or technical top in warmer weather keeps you dry and helps regulate body temperatures. *FF Staff Fave: Craft Active Extreme Long sleeve*

Shoes! Trail Running shoes work great for hiking and leisurely activities as well. Use them on the trail or on the road during the winter months for added traction! *FF Staff Fave: Saucony Perigrine 4. Its aggressive outsole is surprisingly rugged for a shoe that comes in a deceptively lightweight package!*

