



Multi-Day Trail Running Kit List

Running in your first multi-day trail running event is daunting on its own, let alone remembering all the gear/essentials that needs to be packed for such an event. So if you are running your first multi-day trail or if you are a seasoned veteran, have a look through this checklist and make sure you are thoroughly prepared!

General Tips

- Pack a daily ration Ziploc for each group of items i.e. A Ziploc for the day’s supplements and another for the day’s clothing.
- Take extra plastic bags to store wet/soiled gear in.
- Tests all items thoroughly before you use them in the race.
- **REMEMBER** - This is merely a guide. Add or subtract items as needed.

Medical	<input checked="" type="checkbox"/>
Fluid Filled Blister Pads	<input type="checkbox"/>
Bunion Pads	<input type="checkbox"/>
Waterproof Plasters (<i>Various Shapes</i>)	<input type="checkbox"/>
Crepe Bandage	<input type="checkbox"/>
Bandage Sticking Tape	<input type="checkbox"/>
Gauze	<input type="checkbox"/>
Cotton Wool Pads	<input type="checkbox"/>
Tampon And Superglue (<i>For Stopping Bleeding On A Large Cut</i>)	<input type="checkbox"/>
Painkillers	<input type="checkbox"/>
Stomach Pills	<input type="checkbox"/>
Anti-Septic Cream/Liquid	<input type="checkbox"/>
Allergy Pills	<input type="checkbox"/>
Epipen® (Epinephrine) (<i>Adrenaline Injection Pen In Case Of Bee Sting Etc.</i>)	<input type="checkbox"/>
Latex Gloves	<input type="checkbox"/>
Eye Drops	<input type="checkbox"/>
Insect Repellent Spray	<input type="checkbox"/>
Sunscreen Stick	<input type="checkbox"/>
Lip Balm	<input type="checkbox"/>
Tweezers	<input type="checkbox"/>
Anti-Chafe Stick	<input type="checkbox"/>

Medical	<input checked="" type="checkbox"/>
Medical Scissors	
Anti-Inflammatory Gel	
Transact Plasters	
Kinesio Tape	

Post-Race Medical	<input checked="" type="checkbox"/>
Bayticol® Spray (<i>Prevents Ticks Attaching To Clothing</i>)	
Anti-Sunburn Cooling Lotion	
Sterile Needle (<i>To Puncture Blisters</i>)	
Alcohol Based Disinfectant (<i>To Clean Blisters</i>)	

Trail Running Apparel	<input checked="" type="checkbox"/>
Wicking Shorts/Lycra Shorts	
Lightweight Wind/Water-Resistant Packable Shell Jacket	
Seam-Sealed Breathable Rain Jacket With Hood And Peak	
Waterproof Pants (<i>With Jacket Above For Bad Weather/Mountain Runs</i>)	
Lightweight Active Fleece/Single Layer Soft-Shell Jacket	
Lycra Long Running Tights (<i>Fleece If Very Cold</i>)	
Lycra Arm And Leg Warmers (<i>Fleece If Very Cold</i>)	
Wicking Insulating Base Layers	
Lycra White UV Sun Protection Arm Sleeves	
Buff®	
Headband (<i>Keeping Sweat Out Of Eyes</i>)	
Wrist Sweatband	
Fleece Beanie/Head Wrap	
Lightweight Full-Finger Running Gloves (<i>For Warmth And Protection</i>)	
Compression Calve And Quad Sleeves/Shorts	
Socks (<i>Different Designs To Prevent Blisters On Consecutive Days</i>)	

Trail Running Gear	<input checked="" type="checkbox"/>
Trail Footwear	
Wicking Light-Coloured Cap/Peak (<i>Neck Flap For Sun Protection Is A Bonus</i>)	
Shoe Gaiters	
Sunglasses	
Heart Rate Monitor/GPS Watch (<i>Take A Charger/Extra Batteries As Needed</i>)	

Trail Running Gear	<input checked="" type="checkbox"/>
Compass And Map (<i>If Navigating</i>)	
Space Blanket	
Safety Whistle (<i>Attached Securely To Your Pack/Shirt Near Your Mouth</i>)	
Hydration Pack/Belt/Vest Or Handheld Bottles	
Medical/ID Cards	
High-Powered Headlamp	
Compact And Lightweight Foldable Hiking Poles (<i>If Mountain Run</i>)	
Blinking Safety Light (<i>Preferably With A Clip To Attach To Back Of Pack</i>)	
Cell Phone (<i>Charged, With Airtime And ICE Numbers In Waterproof Pouch</i>)	

Nutrition	<input checked="" type="checkbox"/>
Bottled Water (<i>If Event Does Not Provide Or Source Is Questionable</i>)	
Sports Drink	
Electrolytes	
Recovery Drink	
Gels	
Energy Chews/Bars	
Snacks	
Food As Required (<i>If Unsupported Event</i>)	
Drink Shaker	
Bottle And Bladder Cleaning Gear	

Misc. Items	<input checked="" type="checkbox"/>
Cash	
Black Plastic Bag	
Zip Ties	
Duct Tape (<i>Kit Repair</i>)	
Velcro Straps (<i>Fastening Gear</i>)	
Bungee Cords (<i>Fastening Gear</i>)	
Sewing Glue (<i>Repairing Clothing</i>)	
Shoe Goo (<i>Shoe Repair</i>)	