

# Runner's Kit List

Our kit list includes all equipment we recommend for one of our supporters completing a race with us. This is for guidance only, and you should consider what will work best for you: after all, it is your race!

It is advisable that you use a longer run in the lead-up to the event to dress as you will on race day, carrying the equipment you intend to bring. This will highlight any problems to help you avoid them on the day.

## Clothing

- **Running shoes:** It is essential that you find shoes that work for you. We suggest that you avoid buying online and instead buy in a specialist running shop. They often have treadmills that will analyse your running style, allowing staff members to suggest shoes that will compliment this.
- **Insoles:** Many specialists will also offer insoles that can be moulded to the shape of your foot, supporting you when running.
- **Sports socks:** These have light padding to support you further.
- **Lightweight t-shirts and vests:** Make sure you have enough well-ventilated and fitted tops to follow your training routine. At least one of these should be a long-sleeved t-shirt for cooler evening runs.
- **Shorts and leggings:** It is advisable to have both so that you can wear weather-appropriate clothing.
- **Waterproof jacket:** This only needs to be lightweight and is useful for rainy days. It can also provide extra warmth in winter.
- **Sports bra:** For female runners, a well-fitting sports bra is an essential piece of kit.

➤ **Reflective material:** If running in low-visibility conditions, including early mornings, evenings or through fog and mist, reflective clothing is hugely important. Anything from bands around your wrists and ankles to high-vis running clothing will do the trick!

### Accessories

- **Hat and gloves:** Winter runs can be very chilly on your hands, ears and face and a hat and gloves can end up being one of your most-valued bits of kit!
- **Cap and sunglasses:** Especially if you are running at sunrise or sunset when the sun is very low in the sky, these are totally necessary to ensure you don't spend the whole run squinting.
- **Sunscreen:** Even in the winter months, when you're out in the sun for a few hours on a longer run, the sun can be very powerful and no one wants sunburn!
- **Running watch and heart-rate monitor:** This is completely optional but many people like to be able to track their progress and share this with their friends. You can also get free apps on your phone that track your runs.
- **Headtorch:** If running at night, this is crucial for poorly-lit areas.
- **Lace locks:** Completely optional but quite useful, these are plastic locks that keep your laces tied, preventing you tripping if they come undone.
- **Personal alarm:** These are available in hand-held, wrist or waist-mounted versions and can be used in case of an emergency.
- **Water bottle:** This seems obvious, but buying a high-quality water bottle is a worthwhile investment, and as a reminder, Royal Parks is asking all runners to be self-sufficient with hydration (re-fill stations will be available).
- **iPod/MP3:** Whilst some people enjoy the quiet of a run, many people have a running playlist to motivate them. There are several running playlists available to stream on services like Spotify and Apple Music.

- **Blister kit:** Trust us, you are going to have some nasty blisters in the next few months, and investing in a decent blister kit is an expense worth making.
- **Nutrition/energy gels and bars:** For your longer runs, you may want to trial some snacks. Some people won't get on with these at all, but it is worth experimenting to see what works for your body.
- **Back pack or running belt:** These are handy for carrying personal items, including your house keys, phone, plasters, inhaler and gels or bars when on longer runs.
- **Ice-pack:** Maybe not one to take on your runs, but very helpful for mild injuries, reducing the chance of inflammation and soreness.

### **Race day**

Whatever you do, don't do anything you haven't done in training! Don't be tempted by the sweets and sugary drinks offered during many races if you haven't tried this during training, and don't treat yourself to a new pair of trainers just before race day. You've got this: be confident that all your hard-work over the past few months will pay off.

- **Race number and timing chip:** These will be sent to you by the event organisers before the day.
- **Safety pins:** These are essential for fastening your running number to your vest on the day.
- **Your Hospice in the Weald running vest** to wear in all your photos
- **Additional clothing:** It is important that you either arrange to leave clothing at the finish line with a friend or family member, or in a nearby location. Many large-scale races offer a bag-drop service where you can drop your belongings at the start and then collect them at the finish, which is an additional cost but many find it worth it.