



## Icicle trail running courses equipment list

### Clothing

- Trail running shoes, and a spare pair if you have them
- Running shorts / tights
- Wicking running tops
- Running underwear and socks
- Waterproof jacket with a hood
- Long running trousers / leggings in case of cold weather
- Warm long sleeved top (not cotton) for if cold weather
- Cap / bandana / Buff as you usually use for running
- Warm hat and gloves
- Lightweight waterproof over trousers
- Sun glasses and sunscreen



### Equipment

- Hydration system or water bottle(s), of c.1 litre capacity
- Food for whilst running, such as cereal bars / gels etc
- Walking poles for security on wet or steep ground
- Running pack that can carry spare clothing and kit



### Safety

- Mobile phone that works in France / Italy / Switzerland
- Head torch for night running / safety, e.g. Petzl LED type
- Survival blanket in case of emergency or cold
- Whistle (many running bags have one attached)
- Strapping tape for injuries or blister prevention
- Passport / identity papers in case you cross borders



### Optional

- Knife / scissors to cut self-adhesive tape / strapping
- Compression socks
- Altimeter / heart rate monitor / GPS / watch
- Map / compass
- Vaseline or anti-chaffing cream



Note: This list is non-exhaustive, so please use it as a guideline along with your preferences based on your running experience.

