

## Sneakers



- Comfort is key!
- Look for sneakers that properly support your feet
- Try them on first: if they feel uncomfortable to walk in, they're not right for you
- Look for a minimal heel drop (6mm or less)
- Take a gait running test for a more precise suggestion

## Apparel



- Look for running-specific attire: plenty of options are catered to runners!
- Comfortable clothing = more mobility!
- Safety first: wear reflective gear at night so drivers and pedestrians can see you
- Carry a flashlight or headlamp with you for nighttime runs

## Accessories



- A fitness tracker is great for keeping track of your heart rate, temperature, etc.
- A running armband or belt will hold your personal items
- Download a phone app to measure your distance, time, and other factors

## Nutrition



- Hydration is essential! Have access to water while running
- For long distance runs, ensure proper nutrition with gel packs and energy gels for electrolyte balance

Quick Tips On  
**Shopping for Running Attire**