



NOBOUNDARIES

## ESSENTIAL EQUIPMENT

You will need the following to have a safe and productive experience:

- ❑ Shoes
- ❑ Socks
- ❑ Sports Bra
- ❑ Reflective Safety Gear
- ❑ Inserts
- ❑ Water Bottle
- ❑ Digital Watch (with timing capabilities)

To feel more comfortable as a beginner walker or runner:

### SUMMER

- ❑ Wicking Shirt
- ❑ Wicking Shorts
- ❑ Visor or Sunglasses
- ❑ Bodyglide®
- ❑ Sunscreen
- ❑ Compression Socks

### WINTER

- ❑ Close Fitting Wicking Baselayer
- ❑ Warm and Wicking Outer Layer
- ❑ Wicking Tights or Pants
- ❑ Wicking Accessories (Hats, Gloves, Earband, Etc.)
- ❑ Weather Resistant Jacket
- ❑ Compression Socks and Tights

Questions?

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**FLEET FEET**  
*Sports*

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