

## **Winter Warriors Checklist**

Winter running is much more enjoyable when you've got the right gear! Here is a list of items that we ask all runners to have in order to participate in the Winter Warriors program!

- 1. Reflective Vest**
- 2. Headlamp**
- 3. Shoes with traction or a traction device to put on your shoes (i.e. Yaktrax)**
- 4. Base layer**
- 5. Winter head and hand gear**