Gazelle Sports

Winter Gear Ideas

1. Base layer (moisure-moving to add comfort and warmth)
2. Thermal layer (add warmth- weight of thermal layer depends on warmth of runner)
3. Jacket or vest (windproof, water resistant)
4. Reflective gear or blinking lights (visibility and safety)
5. Compression tights (try CWX Compression Insulator or Saucony Amp Pro)
6. Warm tights or pants (consider fleece lined or polyester)
7. Windproof underwear
8. Arm warmers
9. Head gear (hat, headband, headlamp)
10. Neck gator or Buff (multifunctional- warmth and breathing ease in coldest temps)
11. Mittens or Gloves (some are reflective)
12. Moisture-moving socks (wool, polyester)
13. Compression socks or leg sleeves (great for running and recovery)
14. Yak Trax or Stabil Icers
15. Body Glide or Sport Wax (prevent chaffing/chapping)
16. Hydration belt
17. The Stick
18. Runners Shoe ID Tag