

## **Outback Pure Trail Running Gear and Packing List**

As you prepare to exit “the real world” and enter the Outback, your Run-Venture home for the weekend, there are a few things you’ll need to remember to pack to maximize your [Outback in the Ozarks Pure Trail Edition experience](#). Trail running is different than road running thus the gear needed changes.

### **Clothing:**

May in the Ozarks can be very unpredictable. Temperatures usually range in the 70’s during the day and 50’s in the evening. It’s best to have options such as shorts and short-sleeves during the day and capris and long-sleeves at night as a good base. Bringing extra layers for backup is always a good idea. Make sure you have something to change into after each run. We also strongly recommend plenty of rain gear, including jackets, and water-proof boots.

### **Here’s a recommended list to get you started:**

#### **Running Clothing:**

- Trail running shoes: 2 pairs
- Recovery shoes (OOFOS): 1
- Short Sleeve/Sleeveless /Tank: 3
- Long Sleeve Shirt: 1
- Sweatshirt/ Warm layer: 1
- Capris/shorts: 3
- Underwear: 4
- Sports Bras: 4
- Socks: 4
- Compression socks: 2
- Hat or Visor: 1
- Sunglasses: 1
- Gloves/Hat: 1
- Rain jacket/poncho: 1
- Rain boots: 1

**Footwear: Having the right running shoes and socks at a trail race is critical to your comfort, performance and recovery. We recommend the following:**

- 1. Trail Running Shoes:** Trail running is different than running on the road. You’ll be running over rocks, roots, and uneven ground, so you will need a running shoe with better stability, traction and protection. There will most likely be several creek crossings, especially due to the heavy spring rainfall. We recommend bringing two pairs of comfortable trail shoes along with extra pairs of socks.

2. **Compression socks:** Running trails with high socks like socks will help protect your legs from rocks, sticks, insects, etc. They will assist in recovery as well.
3. **Recovery shoes:** OOFOS or some type of non-running shoes in your bag for hanging around base camp.
4. **Rain boots** in case base camp is wet and muddy.

### **Running Gear:**

- **Night Gear:** Running trails at night will be an unforgettable experience. As the sun sets on Friday night, runners turn on their headlamps and set off into the dark. It's one of the best parts of the race. You'll occasionally see other runners out on the trail, you'll overcome your fear of the dark and you'll fall in love with night running. Make sure you have enough equipment to light up the trails so that you're safe out there!
- **Headlamp** - Every person (runner, friends, family, crew) at the race should have a good headlamp. We recommend one with 70 lumens or more.
- **Hand-Held light:** *We strongly advise* you to also run with a hand flash light, especially if you are running the more technical loop 7 trail at night!
- **Bear Bells:** the more noise you make on the trails, the more likely you are to scare away and possible wildlife.
- **Sports Watch** to track your time, miles and elevation.
- **Sunscreen and lip balm**
- **Hydration Pack/Handheld/Best Water Holder:** *\*\*Remember this is a cup-less race. You will need to carry a hydration pack of some sort while running!*
- **Running belt** to carry your cards, cell phone and camera
- **Massage Roller** to keep loose between your runs.
- **Chafing cream**, gel or powder
- **Sunscreen**
- **Hair ties**
- **Buff headbands/face bandannas**
- **Gaiters**

**Food & Hydration:** Food and proper hydration is important to keep you fueled throughout your entire Outback Trail Relay. Remember- this is a self-supporting race.

- **Hydration: Water Containers:** This is a cup-less race! There will be two well-maintained water stations in the race village, but you will need to bring two beverage containers: one for hot drinks and one for cold ones. *Every runner should run with a water container of some sort while running their loops.*
- **Healthy Snacks:** We will provide some fruit (apples, oranges and bananas).

- **Friday Night Dinner:** Each runner will receive a meal from Farm to Fresh Bistro which includes Beef and Chicken vegetable kebabs, pesto pasta salad, green salad and German potato salad, and bread/rolls and Coca-Cola beverages.
- **Campfire and S'mores:** You're Trail Relay would not be the same without a campfire and s'mores which we will provide Friday evening.
- **Breakfast options:** Saturday morning a local Boy Scout Troop will be cooking a delicious pancake, eggs and bacon breakfast for a \$5.00 donation.
- **Coffee & Hot Chocolate:** We will provide some coffee and hot chocolate Friday night and Saturday morning. *If you are someone who requires coffee 24/7 you will need to plan accordingly so that you can meet your demands at your campsite.*
- You will need to be prepared for the rest of your meals and snacks.

**Here are a few items you might consider bringing that are easy to pack and won't perish:**

- Peanut Butter or other Nut Butters and Jelly
- Bread/ Bagels
- Rice Cakes (for gluten intolerant)
- Bagels (great with nut butters)
- Bananas/ Oranges/ Apples
- Trail Mix
- Instant Oatmeal
- Water (Bring extra water for washing your supplies, brushing your teeth, etc.)
- Nuun hydration or some type of electrolyte replenishment
- Granola/protein bars
- Energy gels or chews

**Camping Gear and Base Camp Accessories:**

A canopy for shade, a table for food, and extra chairs are all good items to consider. Don't forget to bring the basics: sleeping bag, sleeping mat and pillow. Kammok will be providing some demo hammocks to hang out in when you're not running. For the most comfortable camping experience at your campsite, bring along these suggested items

- [Wallaby Kammok Hammock](#)
- [Nylon Hangout bag: Water proof for land or water](#)
- 8-Person tent or two 4-person tents
- Tarps (at least two for under your tent and rain protection)
- Camp Table
- Camp Chairs
- Coffee and camp stove
- Cot, air mattress or sleeping pads
- Sleeping bag and pillow
- Towel
- Toiletries

- First aid kit
- Lanterns
- [Solar powered phone chargers](#)
- Portable stove
- Rain Gear: Rain fly for tent, Plastic bags to keep your feet dry
- Large Towels to dry off
- Rain pants & Rain jacket
- Extra tarps
- Waterproof boots for walking around campsite
- Flip Flops for Camp
- Portable Music Device/Headphones
- Camera
- Yoga Mat
- Reusable Water Bottle
- Rolling Muscle Massager for sore muscles
- Igloo Cooler with cold beverages
- Ice
- Ibuprofen, Imodium, etc.
- Hand Sanitizer
- Toothbrush/Toothpaste
- Hair Brush
- Clorox wipes
- Trash bags
- Broom and mat to keep your tent clean
- Cash
- Fishing pole, Frisbee or other items to use during your downtime.
- Download the Venmo app if you want a massage or to purchase items from our Outback store.