



RECOMMENDED GEAR

More Information Can Be Found Online
WWW.ONELOVEENDURANCE.COM

TRAIL RUNNING ESSENTIALS

Please consider carrying these essentials with you during
your ultramarathon with One Love Endurance Events

- Navigation (Examples: GPS Device, Course Maps, Smart Watch)**
- Sun Protection**
- First Aid (Examples: Band-aids, Moleskin, Gauze, Medical Tape)**
- Emergency Blanket**
- Raincoat, Gloves, Hat**
- Nutrition**
- Water**