

Trail WRECK Prep

1. **Water** – You MUST carry this. No exceptions. Whatever you use to carry water on the road is fine. If you stick with trails every weekend, invest in a comfortable hydration pack.
2. **Map** – Print one out or take a picture for your phone (if you will carry it).
3. **Fuel** – Take enough (and then some).
4. **Time** – Plan for this. Add ~2 min/mile to your long run road pace to project trail pace. Have enough water, fuel, supplies, for the time you expect to be out there. Plan for your drive to and from. Most trail runs are 35 minutes to 1 hour away from Long Beach. Consider car pooling.
5. **Supplies** - This is the beauty of the hydration pack. For longer runs: toilet paper (or wet wipes), sunscreen, anti-chafe product, bandana, first aid, I.D.
6. **Post-run** - Baby wipe your feet, slide on some flip flops, get into some dry clothes, and have a snack for the ride home.
7. **Gear** - Trail shoes, gaiters, GPS watch, and other special gear are NOT needed to start out, but all fun, good, & helpful if you become a regular.

Leave your headphones at home! We will go over trail etiquette and safety at the trailhead. Arrive by 7:45 AM so you don't miss out!