

# Trail running checklist

Put on your running shoes and get outdoors. Running on unpaved paths is a full-body workout. It requires a good level of fitness and some preparation. These tips will help you to run safely on the trails.

## Equipment

Make sure you have the right equipment for the mountains – and always adapt your equipment to the conditions at hand.

- Trail-running shoes and poles can help you get a secure footing
- Spikes offer good grip on ice and snow
- Layers of breathable running apparel will keep you dry
- Take enough fluids and energy bars with you
- Sun protection for the more intense UV radiation at higher altitudes
- Light windbreaker or rain jacket
- When it's hot: cooling towel
- Headband
- First aid kit
- Thermal blanket
- Mobile phone
- Power bank
- Map or GPS
- Head torch

## Building up your training

- Opt for trails with a slight incline.
- Train no more than three times a week initially.
- Start with routes of roughly five kilometres.
- As well as basic endurance, focus on strength and running technique, too.

## When on the trails

- Don't just run: walk briskly from time to time.
- Ease up the pace when it gets steep or generally when you start to tire.
- On the descent, land on the forefoot – this provides better shock absorption.

## Things you need to check before mountain running

1. Am I feeling fit enough for the run I planned today?
2. What is the weather forecast?  
The weather can change quickly in the mountains.
3. When does the last cable car leave?
4. Is my mobile phone fully charged?
5. Will my insurance cover me in the event of a mountain rescue?
6. Can I join a trail running group?  
If not, tell someone about the route you are taking.



Our blog has more tips  
for jogging safely:  
[helsana.ch/running-training](https://helsana.ch/running-training)