

# BEGINNER RUNNER GEAR ESSENTIALS



Gear Recs from a 3x Marathoner (Who Learned The Hard Way)

## PROPER FITTING RUNNING SHOES

**Proper running shoes should be your first big purchase!**

You might squeeze in a few runs in your old sneakers, but getting fitted early is a game-changer. You'll feel better, run smoother, and avoid injury.

Tip: Most local running stores offer free foot scans. It takes five minutes and can ensure you're in shoes meant for you!

## WATCH OR APP FOR TRACKING

**You don't need a fancy Garmin watch, but it does help!**

I'll admit – I am partial to my Garmin and get a lot of benefit out of it as a more experienced runner.

But in my first year of running, I used mainly the Runkeeper (free) app to track my runs! There are other free options like Strava or Nike Run Club that will do you just fine as well and often come with free training plans.

## MOISTURE-WICKING SOCKS

**Yes, the socks matter!**

Cotton = blisters. You want a sock that's fitted to your foot and blister-proof. My favorite is Feetures!

## HYDRATION VESSEL

**Especially in the summer, every run needs hydration.**

Depending on your distance and preference, try a handheld or a vest. I swear by my Salomon vest and CamelBak handheld!