

ESSENTIAL RUNNING GEAR

Kit bag

We bring you the best gear to make your run more enjoyable and help you nail those personal bests

WORDS LARA DUNN



Ashmei Men's Long Sleeve Merino + Carbon Baselayer £78

A lightweight long-sleeve top that is genuinely versatile for all seasons, thanks to the fabric combining merino with carbon, meaning it has great temperature-management, as well as excellent odour control.
ashmei.com



Salomon Agile Nocturne 2 Pack £80

With a highly reflective print, this hydration pack with room for essentials is extremely visible to cars and other road users in low-light conditions, making it perfect for evening runs or as the days start to get shorter.
salomon.com/en-gb



Nuu Muu Pocket Dress £68

This tunic may look simple but the lightweight stretch moisture-wicking fabric, the high keyhole neckline and rear pouch pocket make it a great and versatile addition to any woman's running wardrobe, particularly those who prefer a longer fit top. Great for cycling and other activities, too.
tunix.co.uk



Worryless Design Insulated Water Bottle £17.99

In these plastic-free times, it's good to find a reusable alternative that is more fun than just a plain bottle. This insulated 500ml stainless steel bottle is easily cleaned, doesn't affect the taste of drinks inside, and keeps them cool (or hot!) for hours.
worrylessdesign.co.uk



Rab Momentum Men's Shorts £40

For long days out on the trails, travelling at speed, these exceptionally light and fast-drying shorts offer good levels of comfort and freedom of movement. The two-way stretch fabric also features a durable water-repellent treatment to see off all but the very worst weather.
rab.equipment/uk



Findra Tiree Printed Leggings £70

These technical four-way stretch full-length leggings use a multi-panelled design to give the best possible comfort and a flattering fit for running and other high-energy pursuits. Angled side pockets mean keys and bits and pieces are out of the way and safe.
findraclothing.com



Inov-8 TRAILROC 280 Men's £140

Using ultra-tough graphene in the rubber outsole, together with increased protection at the toes and underfoot, this is a super rugged pair of trail shoes, designed to cope with all distances over the most aggressive terrain in comfort. The outsole is grippy as well as protective, and the midsole delivers good shock absorption too. inov-8.com



Merrell Momentous Women's Trail Running Shoe £110

Designed with moderate trails in mind, this is capable of protecting the foot on all but the toughest terrain, with an underfoot plate, durable and secure knitted upper and super grippy outsole, all delivering a fast and sure-footed ride. merrell.com/uk; sportshoes.com



Brooks Ghost 12 Men's £120

An ultra-cushioned, yet responsive, road shoe for all-round comfort for regular runners. The stretchy, yet structured, upper gives wraparound security of fit, while the shock-absorbing sole helps with effective heel-to-toe transition. brooksrunning.com



Arc'Teryx Norvan VT 2 Men's £140

This high-performance shoe has experienced trail runners in mind, looking for a responsive and fast run on challenging trails. The outsole gives good traction and stability for rockier sections, while a secure upper fit makes for extra confidence. arcteryx.com/gb



New Balance Fresh Foam More Women's £125

Featuring a lower than normal drop (just 4mm), this road shoe delivers well above what you'd expect in terms of cushioning but with a natural-feeling fit. The result is a super lightweight and highly comfortable ride. newbalance.co.uk



361 Degrees Sensation 4 Shoe £119.99

A lightweight and seamless mesh upper is paired with more secure sleeve construction at midfoot to ensure a comfortable and supportive fit in this mild stability road shoe. The outsole features good cushioning as well as an integrated lightweight spine shank for enhanced stability and speed. 361europe.com/en