

Medved Winter Training Group Checklist

- Running Shoes
- Snowshoes (See Program Entry Form for Rental Info)
- Moisture wicking/thermal baselayers
- Water resistant/wind resistant jacket
- Moisture wicking socks
- Hat and gloves
- Sports bra
- Water bottle or hydration belt
- Sports watch
- Headlamp (required)
- Reflective vest (required)

