

# All-Weather Running Gear Checklist

Running in Cornwall means dealing with sunshine, wind, drizzle, and everything in between. Use this checklist to stay prepared, comfortable, and safe on your runs—whatever the weather.

## Rainy Runs

- Lightweight waterproof jacket (breathable, packable)
- Cap or visor to keep rain out of your eyes
- Moisture-wicking top (avoid cotton)
- Reflective or high-vis clothing for low light

## Windy Runs

- Windproof jacket or gilet
- Cap (worn backwards in strong gusts)
- Shorter stride for balance
- Safe route choice (avoid cliff paths in storms)

## Hot & Sunny Runs

- Hydration – carry water or electrolyte drink
- Light-coloured, breathable running kit
- Run early morning or evening to avoid peak heat
- Sun cream for skin protection

## Cold & Winter Runs

- Thermal base layer under long-sleeve top
- Gloves and headband/hat
- Warm-up drills indoors before heading out
- Extra caution on icy paths

## Year-Round Safety

- Tell someone your planned route
- Carry a mobile phone in a waterproof pouch
- Wear high-vis or use a headtorch in the dark
- Respect conditions and adjust plans if needed