



Required Gear

Adventure Team Name Tag/Sticker

Adventure Team Shirt

Hydration + Snacks

Something to carry nutrition & trash

Shirt, shorts/pants, and socks made of moisture wicking fabric (like polyester, nylon, & wool)

Running Shoes

About the shoes

Running shoes with laces that have:

- Comfort
- Durability
- Traction
- Support

You need a solid pair of shoes intended for running. They do not have to be the fanciest or most expensive on the market. As long as they fit, are comfortable, and your son/daughter is smiling, they'll be fine.

Recommended Gear

Hat

No tie shoelaces

Gear Suggestions

Shoes: Solomon, Merrell, New Balance and Asics all have quality kids trail running shoes

It is recommended that kids are fitted for a shoe that meets the needs of their specific foot type

Hydration for 5-8 Year Olds: Osprey Moki Hydration Pack

Hydration for 9-12 Year Olds: CamelBak Mini Mule

No Tie Shoelaces: Nathan Run Laces

If you have questions, email stacy@906adventureteam.com