

# 10 THINGS YOU NEED TO MASTER WINTER RUNNING



## Gear List

Below are gear suggestions for each layer needed to successfully run outside in the winter.

The list was compiled from current and former members of [Team USA Minnesota](#), as well as our own writers.

We have intentionally listed only 3 - 4 options to not overwhelm you. Each has been given our stamp of approval!

## Buying Suggestions

Pick one that matches your budget and head to your local running store (or use the links).

Build your wardrobe over time. This gear isn't cheap. Make one splurge per year.

Visit [minneapolisrunning.com](http://minneapolisrunning.com) for more tips and advice to tackle winter running.

Happy Running!

# 1 Layer 0 - Windboxers (men)

[Asics ASX Windboxers](#)  
[Saucony Windproof Boxer Brief](#)

## 2 Base Layer

Craft Active Extreme Crewneck (women's / men's)  
Under Armour Coldgear Compression Mock (men's / women's)  
Tasc Performance Base Layer (men's / women's)

## 3 Mid-Layer

Asics Thermopolis 1/2 zip (men's / Women's)  
Saucony Omni Drylete Sportop (women's / men's)  
Nike Elements Half Zip (men's / women's)  
Under Armour Storm ColdGear® Infrared Elements ½ Zip

## 4 Jackets

[Brooks Infiniti Jacket](#)  
Saucony Nomad (men's / women's)  
[Asics Storm Shelter Jacket](#) (men's / women's)  
Nike Shield Flash Jacket (men's / women's)

## 5 Tights & Pants

**Wear together or separate as conditions dictate.**  
Under Armour ColdGear Compression Tights (women's / men's)  
Craft Thermal Wind Tights (men's / women's)  
Asics Thermopolis LT Tights and Pants



## 6 Hands

Start with a liner glove, then layer one of these on top.

[Saucony Ulti-Mitt](#)

[Nathan Trans Warmer Convertible Mitt with Light Wave](#)

[Asics PR Shelter Mitt](#)

## 7 Socks

[Smartwool Hiking Medium Crew Sock](#)

[Fox River Wick Dry Coolmax Liner Socks](#)

## 8 On Your Shoes

Adding [YakTrax](#) to your shoes will help in most situations.

Purchasing new trail shoes is also a great option.

## 9 Hats

[Craft Skull Hat](#)

[Asics Felicity Fleece Head Warmer.](#)

[Pearl Izumi Men's Thermal Run Hat](#)

## 10 Face & Neck

[SmartWool Neck Gaiter](#), [Buff](#) or [Simple Balaclava](#)

[Neoprene Face Mask](#)

[Ski Goggles](#)

