

# PIUT CAMP

WITH BENEDIKT HOFFMANN & LUKAS KOCHER

## PACKING LIST

### Running gear

- 2–3 performance shirts (short-sleeved + long-sleeved if needed)
- 1–2 pairs of running shorts or tights
- Lightweight running jacket (windproof)
- Rain jacket (essential for trail running!)
- 3–5 pairs of running socks
- Sports bra (if applicable)
- Buff / headband / hat
- Lightweight gloves (depending on the weather)
- Trail running shoes (preferably 2 pairs)
- Comfortable shoes for after the run
- Running backpack / hydration vest
- Soft flasks or hydration bladder
- Trail running poles (optional)
- Sunglasses
- Cap
- Sunscreen
- Cell phone (for the runs)

### Food and Drink

- Energy gels / bars
- Electrolytes (powder or tablets)
- Your own snacks (stick to what you know; don't try anything new)