

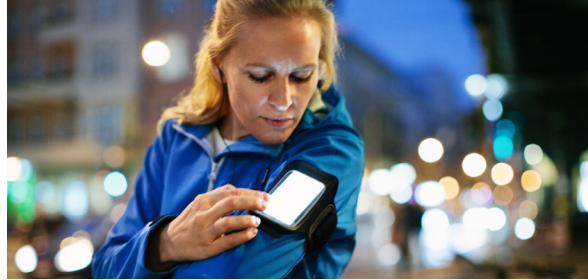
Running smart: safety tips for every outdoor condition

Every run



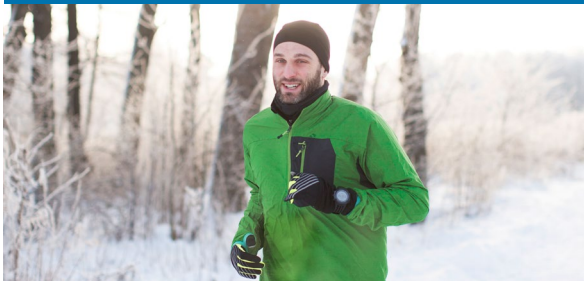
- + Carry an ID
- + Enable safety features on phone or smartwatch
- + Run against traffic

Night time



- + Stick to familiar routes
- + Avoid running on hills
- + Wear reflective clothes or lights

Cold weather



- + Dress for weather 20 degrees warmer than what it is
- + Wear layers that can easily be added or removed
- + Don't forget to hydrate

Hot weather



- + Hydrate before you go out
- + Plan water stops or carry water with you
- + Wear sweat-wicking fabrics