

# SHOPPING LIST

## THIS MONTH'S KIT BAG MUST-HAVES...



### Crewroom Vapour-X Cap

Made from a soft, comfy fabric manufactured from bamboo, with wicking and heat regulating properties. The cap feels super-light and cool, making it ideal for summer training. It's breathable and anti-microbial to stop it getting too whiffy. Another thing that's good to know is that the fabric is highly eco-friendly. Bamboo grows naturally in a managed environment without the need for pesticides and fertilizers. It needs little water and is naturally regenerative. The harvested bamboo is dried, carbonised and ground into fine Bamboo Charcoal particles which are then woven into a yarn.

RRP £12 from running stores.



### Thurlo Socks

Experia is the latest range of socks from US manufacturer Thorlo. The eye-catching design combines ultra-lightweight performance with comfort, durability and high breathability. The basic sock is built around an ultra-lightweight frame using nylon-covered Lycra to provide a contoured glove-like fit, with cushion padding sculpted and contoured to match the foot's natural ball and heel strike pattern. Mesh polyester on the upper foot and instep provides maximum breathability, while a lightweight Achilles tendon pad protects against chafing and functions as a heel lock. Plus Coolmax fibres providing enhanced moisture management.

RRP: £10.99 from running and outdoors shops

### X-Bionic Running Speed Shirt

The boffins behind X-Bionic say that, since endurance athletes use 97% of their energy just regulating body temperature, keeping cool can help improve performance. The X-Bionic Running Speed Shirt leaves a thin film of sweat on your skin to allow your body to benefit from the cooling effect as it evaporates. Excess sweat is evaporated and released through the fabric. It also provides compression to support muscles and joints and improve circulation. A bit on the pricey side, but does come with a two year guarantee.

RRP £62.50 from running stores.



### Montane Slipstream Jacket

Montane proudly claim this to be the lightest-weight weather-resistant jacket in the world. There's no doubt that the Slipstream jacket is a highly functional item of weather protective clothing. It is ultra-lightweight - the whole package weighs less than 100grams, including the tiny 'stuff sac' which it rolls up and amazingly fits into. The jacket offers weather-protection with elasticated hem and cuffs and anti-snag zip

RRP: £50 from running and outdoors shops.