

## TRAVEL GEAR ESSENTIALS

BY ALLISON PATTILLO

When you travel to run or race, packing your favorite running shoes is a given. What else you bring is up to you ... but allow us to suggest these multipurpose, must-haves for cardio tourists.



**Pro-Tec  
Travel Roller  
Massager, \$28**

- At only 17.5 inches long, you have no excuse not to pack this mighty, tight-fascia-busting tool. Comfortable handles make self-massage easy—or put it on the floor and use it like a roller.

**HyperGo After  
Sports Wipes,  
\$15 for a  
resealable pouch  
of 20 wipes**

- These generously sized, 12" x 12" wipes are just what you need to feel fresh after a run, a long travel day or when the hotel runs out of hot water.

**Strafe Scout  
Jacket, \$179**

- With this unisex jacket you'll be protected from the elements on your run and while touring about town. It's waterproof, breathable, has stretch but doesn't scream "I'm a runner" when you're playing tourist between workouts.

**Patagonia  
Lightweight  
Black Hole Pack  
26L, \$99**

- Shove this durable TPU laminated, DWR treated, ripstop pack in your suitcase for extra room on the way home or use it as your go-to travel pack and race day bag.

**Purinize Water  
Purifier Drops  
2oz, \$16**

- All it takes is 20 drops of this mineral-based formula per liter of water to eliminate or reduce more than 200 common bacteria, viruses and chemicals. Translation? You can have fresh water wherever you may run and roam.

**Ginger Rescue  
Strong, \$6**

- Stomachaches suck. But with riding on trains, boats and planes, as well as pre-race nerves and enjoying new foods, they're going to happen. These potent little tablets, full of ginger's tummy-taming properties, will help—naturally.

**SaltStick  
Fastchews, \$15 for  
a 60-count bottle**

- Two tasty tablets (they taste like a slightly salty Sweet Tart) deliver an electrolyte-boosting dose of sodium, potassium, calcium and magnesium—no mixing or measuring required.