

Staying Visible While Running: Top 3 Tips

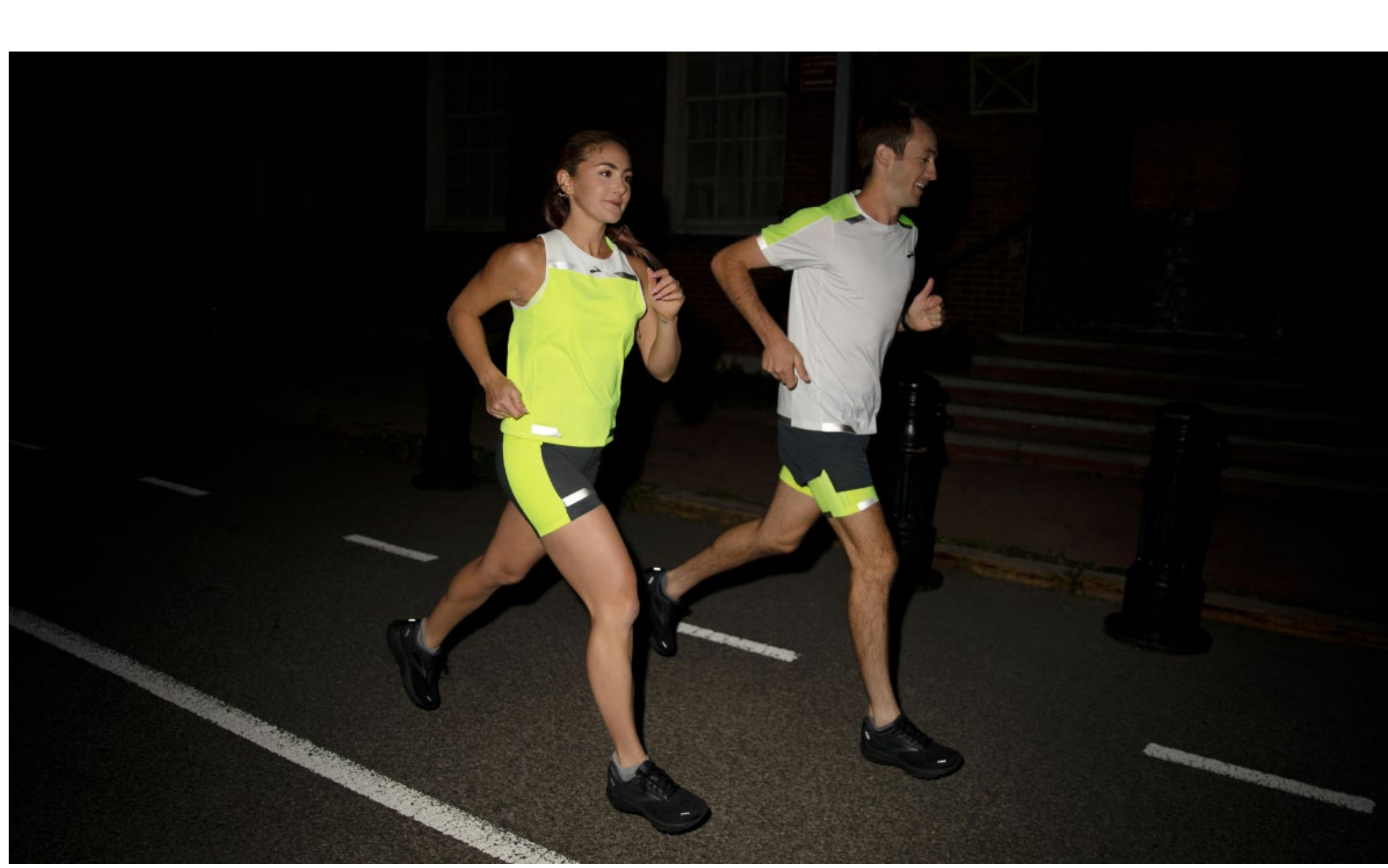
Discover the best gear to help you remain safe and visible when running in the dark

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Whether you are an early riser, ready to hit the ground running even before the sun peeks over the horizon, or you prefer taking flight at night, being able to see and be seen is vital for your [safety](#) and protection. Especially with the daylight hours getting shorter in the fall and wintertime, you can never be too conspicuous in the dark. When running outdoors, a good rule of thumb is to assume that you are invisible, and your job is to make yourself as noticeable as possible. With the appropriate running gear, you can be proactive by ensuring that you can see and stand out when training outdoors. Here are our top three ways to stay visible during your pre-dawn and post-sunset runs.

Tip #1. Wear High-Visibility Clothing



Visibility first starts with clothing. In your running arsenal, you need high-visibility apparel with noticeably bright, bold colors, making you more easily seen by passing motorists, cyclists, and other pedestrians. Fluorescent hues, such as bright yellows, greens, oranges, and hot pinks, allow you to stand out as opposed to muted or darker colors that camouflage you and blend in with your surroundings. Many top brands have designed running tops, jackets, and [tights](#) with reflective patches and neon detailing in high-motion areas (shoulders, back, elbows, hips, and ankles), ensuring you are visible from all angles. Reflective garments depend on another light source, such as a car's headlights, to illuminate and shine. And for head-to-toe coverage, you can add hi-vis hats, socks, and shoes for additional protection.

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Tip #2. Strap on a Headlamp

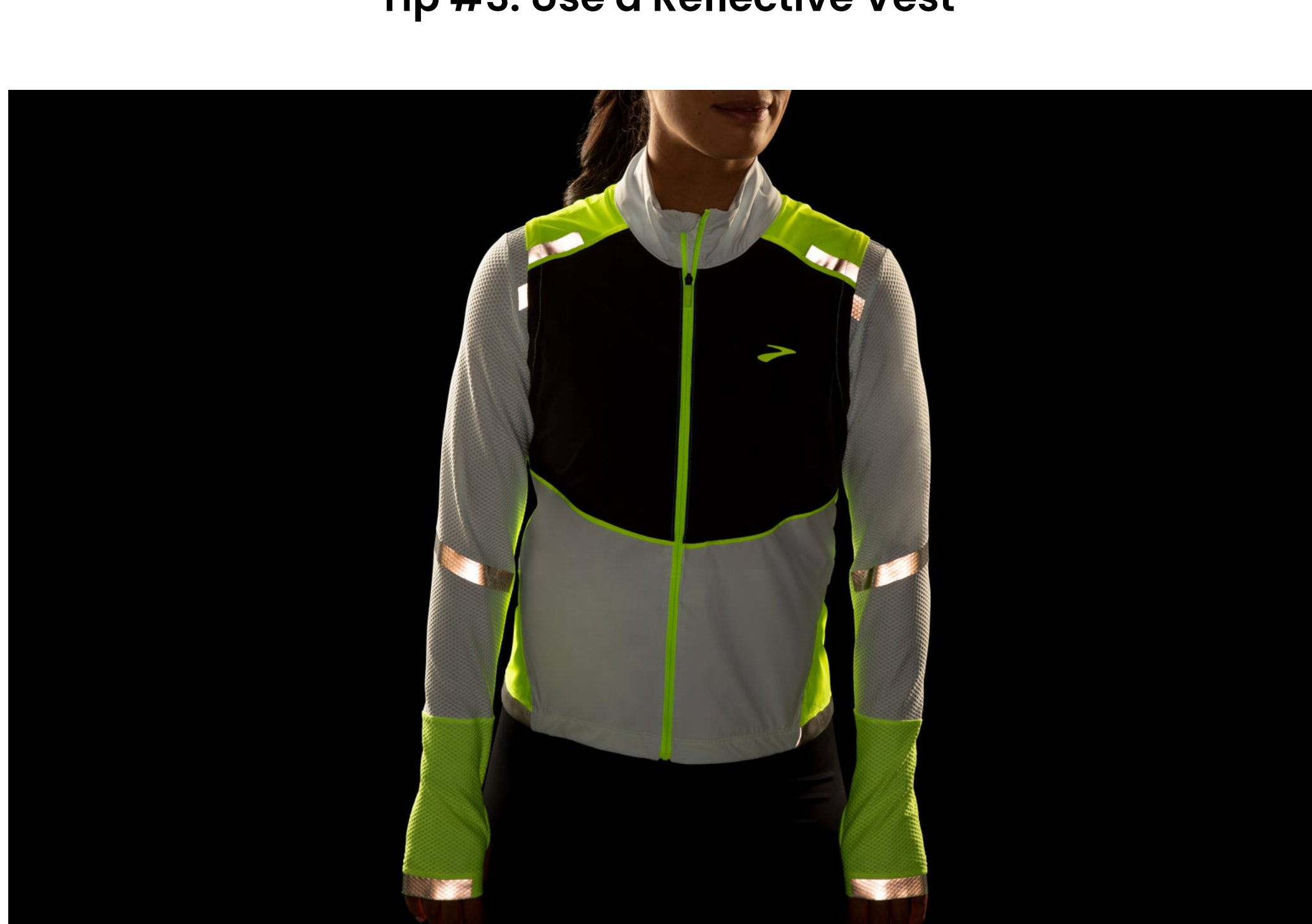


As important as it is to be seen when running in low-light conditions, it is equally essential to be able to see the path ahead. Wearing a light source, such as a [headlamp](#), allows you to scope out the road or trail you're on for any people, animals, or possible hazardous conditions (such as uneven sidewalks, cracks, potholes, rocks, or debris), preventing injuries and falls. Headlamps are lightweight, weather-resistant, and feature an adjustable band for a distraction-free fit. Unlike reflective materials in clothing that rely on external light sources to shine, headlamps have a built-in internal light that provides active visibility and runs off a battery. The higher the lumens on a headlamp, the brighter and farther you can see from a distance, illuminating the path ahead for a hands-free run.

Some runners may prefer [handheld lights](#), [belt lights](#), or [clip-on lights](#). A combination of forward-facing visibility (belt or headlamp) and rear visibility with a clip-on is optimal. Note that clip-on lights generally have two different modes: strobe (flashing) or constant. The flashing setting makes it easier for the eye to detect that you are a moving object, aiding visibility. Look for lights that can be securely attached and have long, reliable battery life. Whether you opt to wear or carry your lights, having an external [light source](#) offers added safety and protection.

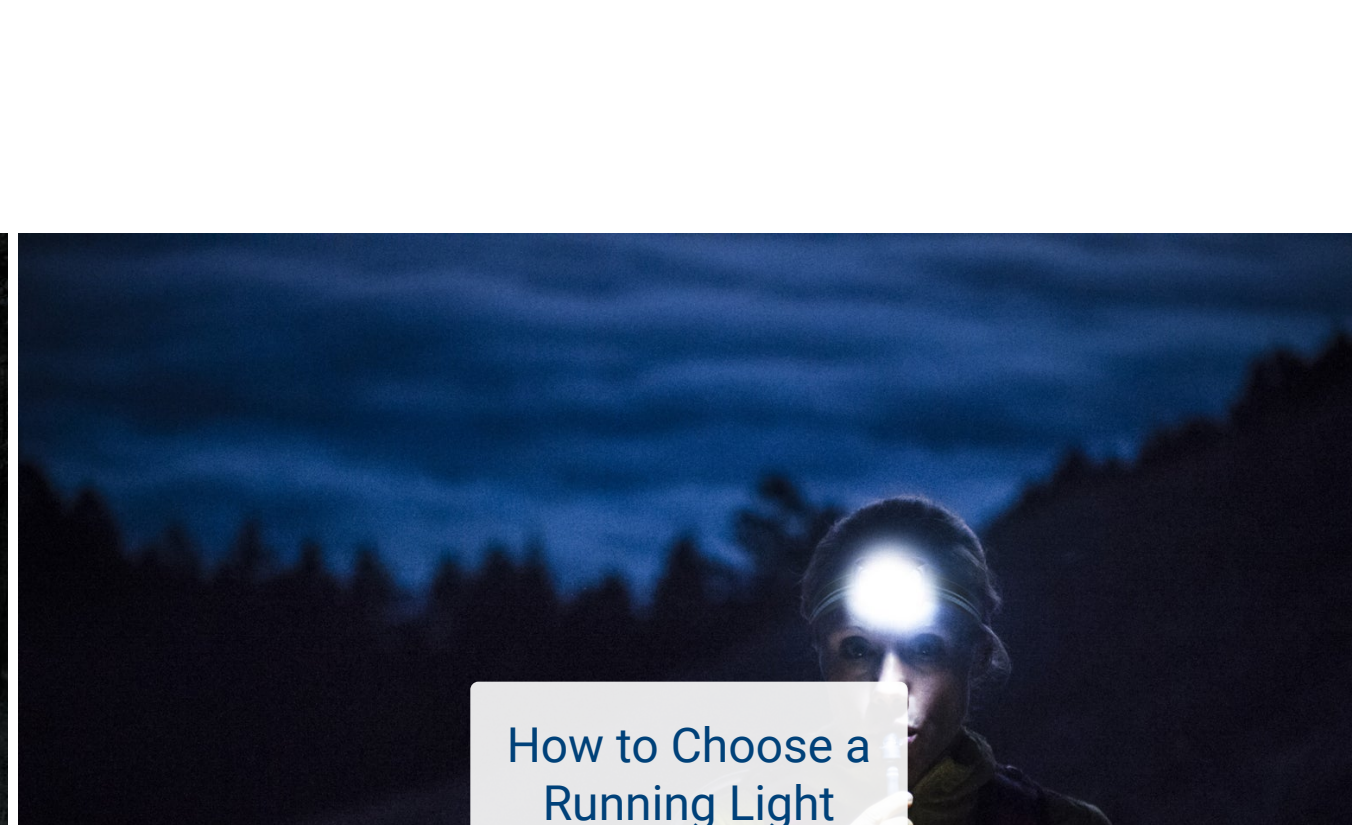
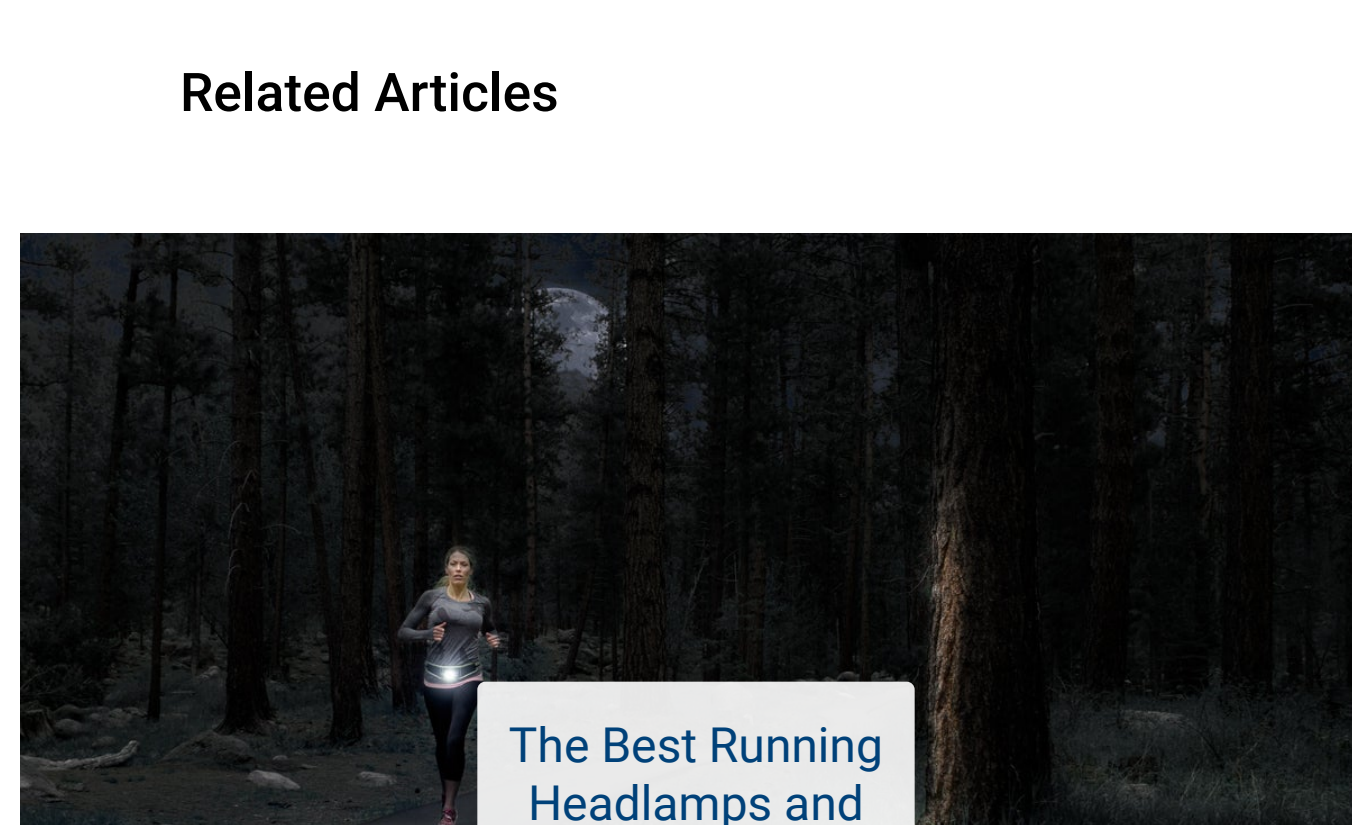
[Shop Running Headlamps](#)[Shop All Reflective Gear](#)

Tip #3. Use a Reflective Vest



Lastly, wearing a [reflective vest](#) over your running top is an easy way to get effective 360-degree visibility. A reflective vest is situated on your upper body and has reflective bits on the front and back to highlight the chest, shoulders, and waist, allowing you to stand out from all angles. Most vests have a bright yellow or green neon tone to mesh together with silver reflective strips for running due to their breathable, sleeveless design that enables a full range of arm movement. Learn more about the benefits of wearing a running vest in our article, [Why You Need a Running Vest](#).

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Written by Caroline

Caroline is a lifelong, avid runner who enjoys the outdoors. Whether on the road or on the trail, running or hiking, being surrounded by the sights and sounds of nature is her ultimate happy place.

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