

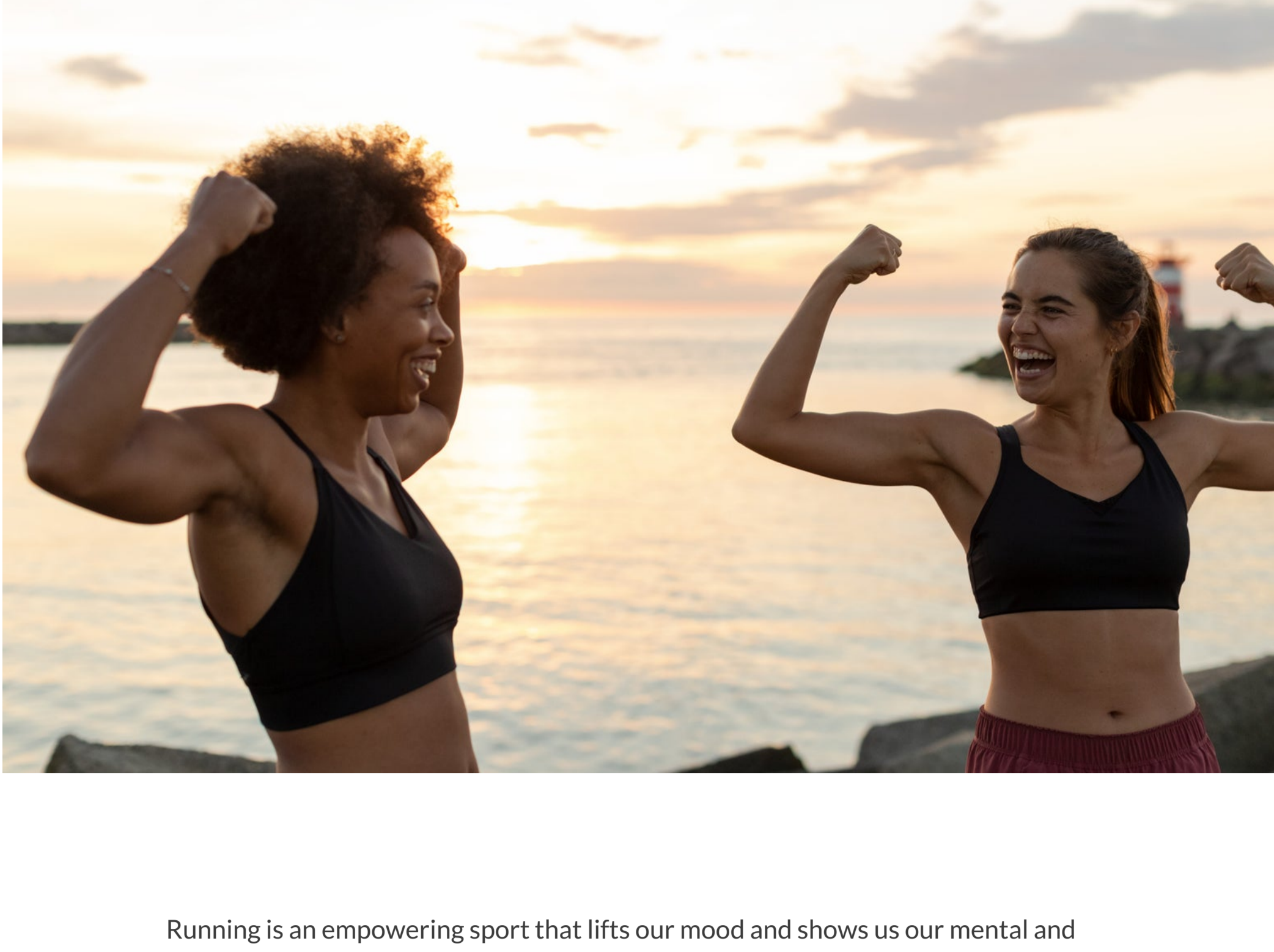
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## Best Running Safety Tips and Gear for Women

Our guide to essential gear and tips for worry-free running  
Published: May 20, 2021



Running is an empowering sport that lifts our mood and shows us our mental and physical strength, but as with any sport, there are some risks involved. Runners can be susceptible to traffic accidents, trips and falls, animal attacks, or personal assaults. As female runners, we have all likely heard the universal safety rules when it comes to running: run in well-lit populated areas, alternate your route, be aware of your surroundings, have a buddy system, run against the direction of traffic, turn down the volume on your headphones or forego listening to music altogether. In addition to that sage advice, there are more proactive steps we can take to help minimize the risks and increase safety on our runs. The three main essentials come down to being connected, being seen, and being heard, and we have selected some safety gear below to help lend some peace of mind to your next run. We want you to be able to enjoy a quality workout outdoors and feel empowered to do so.

### Be Connected



Before you hit the road or the trail, it is important to let someone know where you are going, and thanks to the digital age, staying connected is easier than ever before. Information is gathered and sent at lightning speed—just a few simple clicks, you can download apps on your smartphone that will allow your family and friends to track your specific location and pinpoint the course you are on. Don't let the inconvenience of carrying a phone stop you from bringing one with you on your run. From [running belts](#) and [touchscreen armbands](#) to stylishly functional sports bras with [phone pockets](#), there are several secure, hands-free phone storage options to choose from that will allow you quick access to your phone in the event of an emergency.

In addition to your phone, it is worth investing in a quality GPS watch. Should you get lost, injured, or encounter a precarious situation, [watches with maps and navigation](#) can steer you back on course and connect you with immediate SOS services (when paired with your phone). We love Garmin watches for their many innovative high-tech features, especially their incident detection and assistance. With the Garmin Connect app, you can set your emergency contacts beforehand, and using their LiveTrack location feature (which allows for real-time tracking feed), if an accident is detected or you require assistance, a text message is sent to your emergency contacts alerting them of your location. Hopefully, you'll never have to use this feature, but it's far better to have it and not need it than need it and not have it.

- [Shop GPS Watches](#)
- [Shop Pocket Bras](#)

### Be Visible



From dawn to dusk, no matter the time of day, it is essential that you always remain visible on your run. We know that given a car's blind spots and the growing number of distracted drivers on the road, it is vital that your back isn't turned to approaching vehicles. It is also important to be intentional in wearing high-visibility clothing with bright, bold colors and reflective gear when exercising outdoors, especially in low-light conditions.

Just as it is necessary for you to be seen, you need enough lighting to be aware of your surroundings and see the path ahead. Whether on the road or the trail, having additional lighting gear such as a headlamp, belt light, or even compact clip-on strobe lights can help avoid any foreseeable dangers and illuminate your path for an injury-free run.

- [Shop Women's High Visibility Clothing](#)
- [Shop Headlamps, Reflective Wear and Lights](#)





### Be Audible

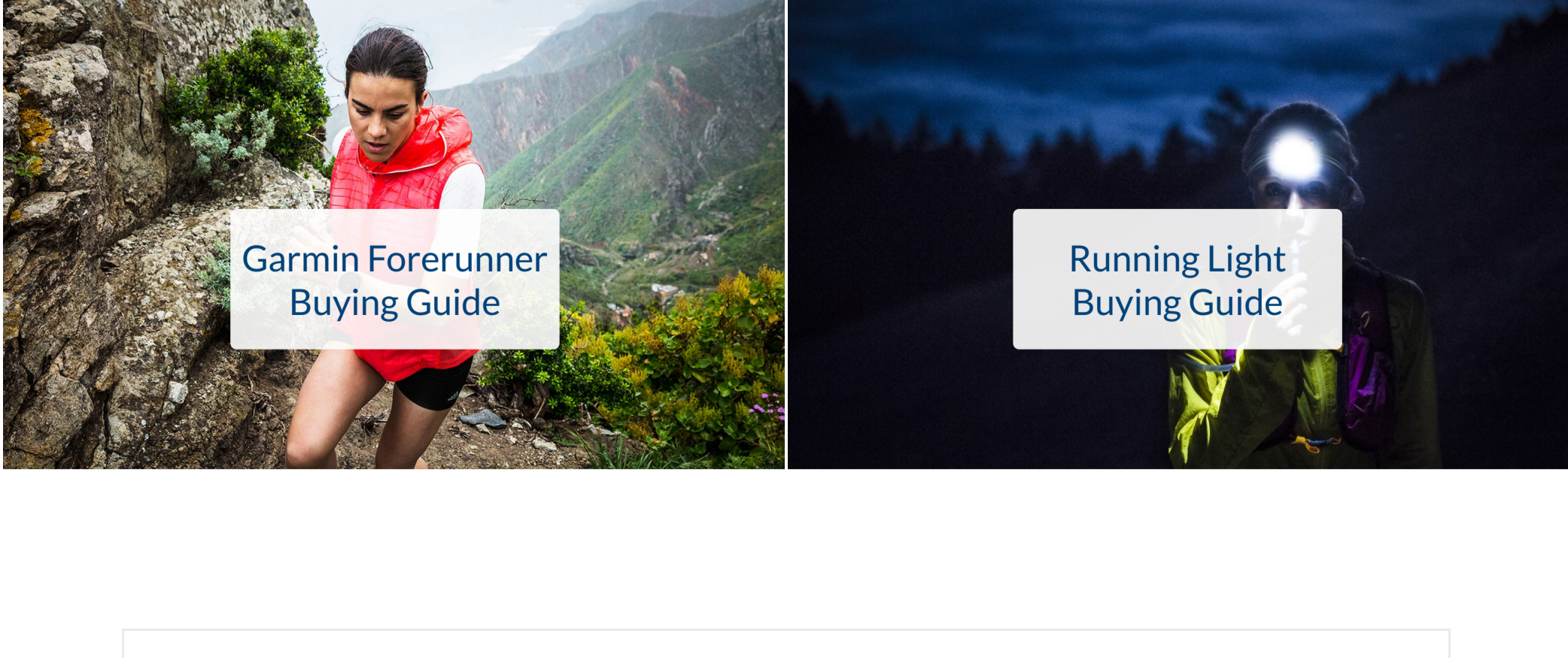


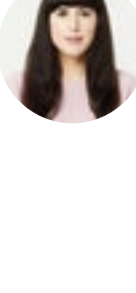
Be vocal, be loud, be strong! From alarms to UV-dye pepper sprays, modern personal safety gear is compact, easy to carry and allows you to go hands-free on your workouts. Nathan Ripcord Siren Alarms, in particular, can easily be attached to your waistband, and with a volume of over 120 decibels, you can be heard from over 600 feet. When it comes to protection, preparation is essential, and learning how to use your pepper spray beforehand is strongly advised. Sabre Pepper Gel is a popular choice among runners, providing maximum-strength protection to a convenient key ring and adjustable hand straps. Whether it's a loud, piercing sound to draw attention or a defense spray for deterrence, these small but powerful tools are handy gadgets for warding off attackers or potentially dangerous animals. By taking mindful, proactive steps to stay connected, visible, and heard, we can help keep our runs safe, fun, and worry-free.

- [Shop Safety Alarms & Sprays](#)

### Shop All Safety Gear for Women

 <b>Sale!</b> Garmin Forerunner 245 Music GPS Watch <b>\$299.99</b> <small>MSRP \$349.99*</small> <a href="#">Sale Ends June 20</a>	 <b>Sale!</b> SABRE Runner Pepper Gel with Adjustable Hand Strap <b>\$12.99</b>	 <b>Sale!</b> Nathan SaferRun Ripcord Siren Personal Alarm <b>\$14.91</b> <small>MSRP \$20.00*</small> <a href="#">Sale Ends June 6</a>	 <b>Sale!</b> Nathan Terra Fire 300 R Hand Torch Flashlight <b>\$33.91</b> <small>MSRP \$45.00*</small> <a href="#">Sale Ends June 6</a>
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**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.

[Garmin Forerunner Buying Guide](#)

#### Contact

**1.800.606.9598**  
 Mon - Fri: 8:00am - 8:00pm EST  
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