Trails & Roots
5 Ways to be a more Planet-Mindful Runner
CERTIFIED BUSINESS
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FOR THE PLANET
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Clothes & Gear

TAKE CARE

Check your clothes and gear care instructions for proper cleaning and maintenance. Taking good care of your running kit will extend the life and thus keep it out of landfill!

BUY LESS

Consider if you really need that new shirt or those new shoes, or if you just like the new color they released. Athletic wear is inherently unsustainable, but buying less means less eventually gets thrown out.

REPAIR

Before tossing something, see if it can be repaired, either by a quick sewing job, or with some technical repair kit. Check out Patagonia's website for loads of instructions and videos on repairing all your outdoor kit. Trail shoes with Vibram soles can even be resoled through Vibram's Repair if you Care program!

CONSIDER SECONDHAND

There are lots of great apps and websites to buy brand new (sometimes with the tag!) or like new running clothes, gear, and kit secondhand. And it's cheaper!

BUY BETTER

When you've exhausted the above options and you really need to buy something new, buy from brands walking the walk when it comes to sustainability. Brands like Patagonia and Nnormal set the industry standard for how businesses can be better and do better.

Adopt a Planet-Based Diet

The single biggest impact that an individual can have on the environment is reducing their meat and dairy consumption.

Eating a plant-based diet reduces greenhouse gas emissions, deforestation, protects biodiversity, reduces freshwater use, and saves countless animals' lives. Plus, you'll get more vitamins and minerals, more fiber, reduce your risk of certain cancers and heart disease, and save money!

Our Campers know the incredible, mouthwatering creations of our very own Chefs Lily & Greta and can attest that plant-based does not mean missing out on flavour. Check out the blog post on our website for more info on the incredible planetary benefits of a planet-based diet.

Be mindful of where you run

When you set out for a run in nature, stay on the trail. Keeping to the path ensures less disturbances for wildlife and better protects local ecosystems. It's also best to avoid running through delicate ecosystems, as they are often less resilient.

Trees not Tees

Whenever possible, opt out of a shirt during race registration. They're often of a lesser quality and end up in landfills. If they don't already, encourage your favorite race organizations to partner with Trees not Tees, which gives race participants the option of foregoing a shirt in favor of planting a tree. Trails & Roots is a proud partner of Trees not Tees! We've planted X trees in our campers' honor to date!

Leave no Trace

When you head out on the trails (and in your day to day life), take all your trash with you. Leave the trails as untouched as possible and respect the local wildlife. As a bonus, make it a habit to pick up at least 3 pieces of trash that you come across on the trails.

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Ready to Choose Your Adventure?

Check out all of our Trail Camps here>>>>

Have more Questions?

Contact our **Chief Running Officer**, Heather, directly at heather@trailsandroots.com