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Best Running Gloves of 2024

By [Amanda Capritto](#)



Reviewed by [Marlo Jappen Porto](#)

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Save

Running is a tough enough sport on its own – add in cold temperatures, biting winds, and frozen precipitation, and you’ve got a big adventure on your hands that requires adequate gear. Running gloves make one common running woe – freezing fingers – a nonissue, whether you’re running in mildly cold temps or in the wake of legitimate winter storms.

Look for gloves that combine moisture-wicking properties, comfortable fabrics, and insulation to keep your hands and fingers warm and dry. The author of this piece Amanda Capritto, an outdoor enthusiast, runner, and hiker, chose her top picks to help you find the best running gloves to suit your needs.

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Best Overall

REI Co-Op Polartec Wind Pro Fleece Gloves 2.0...



(Photo by Amanda Capritto)

PROS:

CONS:

- ✓

Midweight gloves for mildly cold temperatures
- ✓

Wicks sweat well
- ✓

Stretchy, flexible fabric
- ✗

Not waterproof
- ✗

Not designed for extremely frigid temperatures

Buy From REI Coop Shop

As far as running gloves go, the REI Co-Op Polartec Wind Pro Fleece Gloves 2.0 bring a lot to the table. Made from 90% fleece and 10% spandex with a synthetic suede palm, this pair is warm, stretchy, wind-repellent, and water-resistant.

Despite their warmth and weather-resistant properties, the author of this piece Amanda Capritto finds the Polartec Wind Pro Fleece Gloves to be quite breathable even when it’s only mildly cold outside and conditions are somewhat humid. That said, she doesn’t recommend wearing them during active precipitation. Since they aren’t fully waterproof, they’re prone to becoming soggy and cold.

With touch-screen-compatible fingertips, you’ll have no problems using your cell phone, smartwatch, or other device during runs. The convenient loop on the wrist of each glove serves as an attachment point that you can use to hook the gloves to your running vest or waist pack, and they clip together so you won’t lose one without the other.

Specs

List Price:	\$44.95
Materials:	90% polyester, 10% spandex Polartec Wind Pro “hardface” fleece, and synthetic suede
Sizes:	XS-XXL
Touch-Screen-Compatible:	Yes

[Buy From REI Coop Shop »](#)

Best Budget

Aegend Lightweight Running Gloves »



PROS:

- ✓ Cost less than \$10
- ✓ Lightweight and breathable
- ✓ Stretchy fabric

CONS:

- ✗ Not waterproof or windproof
- ✗ Not designed for extremely cold temperatures

[Buy From Amazon](#)

Good running gear doesn't have to be so expensive. The Aegend Lightweight Running Gloves are a favorite and cost less than \$10. Constructed from polyester and spandex for a stretchy, soft fit, these can work as lightweight

running gloves in mild conditions or as base-layer gloves beneath a heavier, more protective pair in harsher weather.

These Aegend gloves aren't weather-resistant, so they're not recommended for ultracold temperatures or running during precipitation. However, they're a great option for those beautiful sunny-but-cold days.

In addition to being breathable and moisture-wicking, these gloves feature touch-screen compatibility on the thumb and forefinger, as well as a textured silicone palm to enhance grip.

Specs

List Price:	Starting at \$7.99 (Small in white and black pattern)
Materials:	88% polyester and 12% spandex
Sizes:	S-L
Touch-Screen-Compatible:	Yes

[Buy From Amazon »](#)

Best for Cold Weather

Columbia Last Tracks Gloves »



(Photo by Amanda Capritto)

PROS:

- ✓ Heavily insulated
- ✓ Waterproof and windproof
- ✓ Long wrist gauntlet
- ✓ Soft, warm lining
- ✓ Dedicated nose wipe on thumb

CONS:

- ✗ Touch-screen-compatible tips don't work 100% of the time
- ✗ Bulky

[Buy From Amazon](#)

After completing several winter runs, hikes, and walks with gloves marketed specifically to runners and finding herself frustrated with a lack of long-term warmth and true water repellency, Capritto decided to try something else: ski gloves.

Knowing they're built explicitly for wet, frigid conditions, she figured ski gloves would solve the problems she kept encountering on wintery jaunts. Capritto settled on the Columbia Last Tracks Gloves, which promised to be

completely waterproof, windproof, warm, and breathable – all for just \$40. After using the Last Tracks Gloves for various winter outings, she’s pleased to report that they’ve lived up to all of the aforementioned promises.

Columbia’s Omni-Tech fabric keeps body heat in, and the polyester construction allows for breathability so you get all of the warmth but none of the clamminess from sweaty hands. Wind is no match for the outer shell, nor is precipitation of any kind. Capritto has scooped up snow wearing these gloves and her hands remained bone-dry. With an extra-long wrist gauntlet and two places to draw the gloves tight, no water will sneak in.

The trade-offs? Being that these gloves feature ample insulation and weatherproofing, their design is quite bulky. For runners who prefer a more streamlined, simple glove, the Last Tracks design won’t cut it. But for those who prioritize warmth and dryness over aerodynamics, the author highly recommends them.

Specs

List Price:	\$40
Materials:	Omni-Tech and polyester
Sizes:	XS-L
Touch-Screen-Compatible:	Yes

[Buy From Amazon »](#)

Best for Wind

Columbia Powder Lite Gloves »



(Photo by Amanda Capritto)

PROS:

- ✓ Wind-resistant outer shell
- ✓ Soft fleece lining
- ✓ Roomy, flexible fit
- ✓ Thermal reflective material
- ✓ Touch-screen-compatible fingertips

CONS:

- ✗ Lots of seams mean more opportunity for breakage
- ✗ Customer reviews indicate touch-screen-compatible feature may be lackluster

[Buy From Amazon](#)

The Columbia Powder Lite Gloves are like a comfortable down jacket for your hands. With 200-gram insulation and a soft, warm wrist cuff, these gloves are an excellent match for the elements. Customers will appreciate their comfort for various cold-weather adventures, including trail runs and hikes in winter weather, as well as snow activities.

Seamed and insulated like a puffer jacket (with synthetic down fill and not real down feathers), these gloves are ultrasoft and flexible with a reflective thermal liner and Omni-Shield water-repellent exterior. They feature a sewn curvature designed to mimic the natural anatomy of the hands in their relaxed position, which makes the fit feel roomy and open.

The Powder Lite Gloves feature a touch-screen-compatible index fingertip and thumb, but customer reviews indicate its performance may be spotty, meaning you may not want to count on these for sending detailed text messages.

The palm is grippy and protective, constructed from 55% polyester and 45% polyurethane, and the snug wrist gauntlet keeps cold air out. Columbia says that the Omni-Shield exterior, which is 100% polyester, keeps winter precipitation out, so they should be suitable for use in all conditions. The polyester shell also makes these gloves wind-resistant and ideal for gusty, cold conditions.

Specs

List Price:	Starting at \$30.25 (Small in beetroot)
Materials:	Polyester, polyurethane, and elastane
Sizes:	XS-L
Touch-Screen-Compatible:	Yes

[Buy From Amazon »](#)

Best Moisture-Wicking

Smartwool Merino Gloves »

**PROS:**

- ✓ Merino wool is great at wicking sweat
- ✓ Lightweight and breathable
- ✓ Flexible and stretchy for a comfortable fit

CONS:

- ✗ Not waterproof or windproof
- ✗ Not suitable for ultracold weather

[Buy From Amazon](#)

In the outdoor apparel world, merino wool has garnered praise for its temperature-regulating abilities, as it can both trap warmth against your skin and wick moisture away. This makes it great for warm and cold weather alike, unlike other types of wool.

Smartwool, founded in 1994, is a pioneer brand in merino accessories, having been the first to manufacture merino wool ski socks. Smartwool's Merino Gloves are made from the brand's lightest-weight merino jersey fabric, which features a nylon core for durability but the inside and outer shell are 100% merino wool.

This lightweight fabric is ultrabreathable and moisture-wicking. However, it's not ideal for extremely cold weather or for running in the rain, sleet, or snow. Instead, these will work best for dryer winter days or as a base layer beneath a hardier glove.

This pair features a touch-screen-compatible thumb and forefinger tip so you can use your cell phone or other device without having to take them off in cold temperatures.

Specs

List Price:	\$30
Materials:	Merino jersey and nylon
Sizes:	XS-XL
Touch-Screen Compatible:	Yes

[Buy From Amazon »](#)

Best Touch-Screen-Compatible

The North Face Etip Recycled Gloves »



(Photo by Amanda Capritto)

PROS:

- ✓ Excellent touch-screen compatibility
- ✓ Four-way-stretch elastane fleece makes for flexible fit
- ✓ Made of recycled materials

CONS:

- ✗ Run slightly small
- ✗ No room for an additional liner unless you size up

[Buy From Amazon](#)

For reliable touch-screen-compatible running gloves, Capritto recommends a personal favorite, The North Face Etip Recycled Gloves. Thick and warm but not restrictive, these gloves will wow you with their insulation, wind resistance, and durability.

The author has worn these for all sorts of cold-weather outdoor activities, from leisurely walks to training runs to high-elevation hikes. They're a favorite of hers for long excursions during which the weather might change because

they’re warm but not overly bulky. She can stuff them in her waist pack or clip them to her running vest if her hands need some fresh air.

Made primarily of polyester (93%), the Etip Recycled Gloves provide supreme wind resistance. The remaining 7% consists of elastane fleece for stretch and insulation. Additionally, the grippy material on the palm ensures your phone or [water bottle](#) won’t slip out of your hand while running. The author recommends sizing up, especially if you’d like to have room for a base-layer liner on very cold days.

Specs

List Price:	\$45
Materials:	Recycled polyester and stretch fleece
Sizes:	XS-XXL
Touch-Screen-Compatible:	Yes

[Buy From Amazon »](#)

Best Reflective

Nathan Sports HyperNight Reflective Running ...

**PROS:**

- ✓ Reflective detailing
- ✓ Stretchy knit fabric for a flexible fit
- ✓ Pocket on back of hand to hold a strobe light

CONS:

- ✗ Not insulated
- ✗ Not weather-resistant

[Buy From Amazon](#)

Looking for lightweight, breathable running gloves with reflective detailing for added visibility? The author's recommendation is the Nathan Sports HyperNight Reflective Running Gloves, available in neon yellow and black – both highly reflective options. Though she hasn't worn these gloves specifically, the author is a big fan of Nathan Sports products and owns several items from the brand, including a waist pack, reflective vest, and more.

Made of a stretch knit fabric – 85% polyester and 15% Lycra – the HyperNight Gloves are best suited to mild winter weather, as they aren't waterproof or windproof. That said, the soft fabric still offers a layer of

warmth and protection against cold air. And though they’re not waterproof, they’re moisture-wicking and quick to dry, according to Nathan Sports.

The reflective print on the palm and back of the hand offers added visibility in low-light conditions. One of the author’s favorite features is the back-hand pocket, which serves as an attachment point for a strobe light for even more visibility. (The author uses one of the brand’s strobe lights and recommends it as an essential running item.)

Finally, the Nathan Sports HyperNight Reflective Running Gloves feature two excellent winter running features: a patch of chamois (a fabric known for being soft and absorbent) on the thumb for nose wiping and touch-screen compatibility so you don’t need to bear the cold and remove the gloves to use your [phone](#) or [smartwatch](#).

Specs

List Price:	\$30
Materials:	85% polyester and 15% spandex Lycra
Sizes:	XS-XL
Touch-Screen-Compatible:	Yes

[Buy From Amazon »](#)

The Bottom Line

Running gloves, like all outdoor and fitness accessories, come in a variety of styles and can accommodate a variety of needs. From lightweight base-layer options to hefty, completely weatherproof snow gloves, running gloves run the gamut (pun intended).

Finding the best pair of running gloves for you begins with understanding the conditions you plan to run in. If you intend to continue training even when it's frigid and sleeting outside, it's best to pick up a pair of heavy-duty, waterproof gloves. On the flip side, if your winter running regimen reserves outdoor sessions for sunny days, you can get away with a lightweight or midweight pair of gloves. We selected the REI Co-Op Polartec Wind Pro Fleece Gloves 2.0 as our top pick because they provide warmth while also being breathable.

Things To Consider When Buying Running Gloves

Material: Running gloves may be made of a variety of fabrics, some of the most common being polyester, elastane or spandex, wool, and fleece. Usually, the construction of running gloves includes multiple fabrics used on different parts of the glove. For instance, the outer shell may be wind-resistant polyester, the inner lining and wrist cuff may be soft fleece, and the palm may feature an anti-slip material like faux leather. In general, you want materials that are flexible and breathable but offer at least a little bit of weather resistance.

Size Options: Running gloves are typically sold in standard sizes (S, M, L), with many brands offering extended sizing from XS to XXL. Gloves made from less-stretchy materials may feel tighter (if they're made without elastane or spandex, for example), so it's wise to consider sizing up. Shoppers should consult the brand's sizing chart, as glove sizing isn't as universal as shoe sizing.

Warmth: Like socks and clothing, gloves come in lightweight (base layer), midweight, and heavyweight options. Base-layer gloves offer the least amount of warmth, while heavyweight gloves offer the most. Some runners like to wear lightweight gloves as a liner beneath midweight or heavyweight gloves in extremely cold conditions. Midweight gloves are a favorite for everyday use.

You can tell how warm a pair of gloves is by checking for insulation specifications. Insulation is measured in grams: The higher the number, the more insulated the glove is and the more warmth it'll provide.

Weather Resistance: Choosing running gloves that are resistant to wind and precipitation is important. Wind can easily cut through fabrics like cotton and wool,

negating the warming properties of the cloth. Likewise, it doesn't matter how warm a pair of gloves is if it soaks up precipitation and your hands become wet.

For weather-resistant running gloves, look for outer shells constructed of polyester, or leather. (Although, real leather isn't ideal for running gloves because of its weight and rigidity.) Additionally, GORE-TEX fabrics – which have a thin porous membrane that blocks out water while allowing vapor, like sweat, to dissipate – are extremely durable, breathable, and windproof. If you want weatherproof gloves with a softer feel, merino wool with a GORE-TEX waterproof membrane or liner can work.

Visibility: It's not recommended that you rely entirely on your gloves for visibility during winter running. Wearing safety items like a strobe light, headlamp, reflective jacket, and reflective pants or leggings is important. However, reflective running gloves can add an element of visibility to your ensemble. When shopping, look for high-visibility fabrics and robust patterns that reflect light. Reflectivity should be clearly shown in the photos in the product listing.

Touch-Screen Compatibility: If you use your smartphone, smartwatch, GPS device, or other device with a touch screen during your runs, touch-screen-compatible running gloves will make your life easier. You won't have to be bothered with taking your gloves off and putting them back on just to check your route, send a text, or change your music. Many, if not most, running gloves are touch-screen-compatible today. It's becoming the standard more so than a nice-to-have feature.

How We Chose the Best Running Gloves

This guide is the culmination of months of personal experience with various pairs of gloves, as well as years of experience with outdoor and fitness brands. The author herself is a runner and outdoor recreationalist who has spent the winter of 2023 to 2024 traveling to run, walk, and hike trails throughout the U.S.

In addition to the author's experience with different pairs of running gloves, she conducted deep research on running gloves as a whole, studying what fabrics and specifications make for a great pair. She read hundreds of customer reviews and spoke to friends and colleagues for their personal recommendations. Ultimately, this

list started with more than 25 potential pairs of gloves for inclusion, and the author narrowed it down to those featured above after taking the aforementioned steps.

WHY SHOULD YOU TRUST US?

The author of this piece, [Amanda Capritto](#), owns and uses three of the featured products in this guide which she captured with original photography. Capritto, a certified personal trainer and a sports nutrition coach, is an outdoor enthusiast and frequently runs, hikes, and walks outdoors in cold weather.

Additionally, she's an experienced gear tester and product reviewer, having spent the last six years professionally testing fitness and outdoor products and contributing to publications like SELF, Health Magazine, LIVESTRONG, Reader's Digest, CNET, Verywell Fit, and Muscle & Fitness.

FAQ

What are the benefits of wearing running gloves?

+

What are convertible running gloves?

+

Are running gloves waterproof?

+

About Our Team



Amanda Capritto

Contributor



Amanda Capritto is a content writer and journalist with extensive experience covering health, fitness, outdoors, and nutrition. She is a certified personal trainer, a sports nutrition

coach, and the founder of Smarter Sweat, a fitness coaching business where she focuses on helping individuals reach their full potential in the outdoors.

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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