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## 8 Best Running Belts of 2024

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Edited by [Marlo Jappen Porto](#)

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If you're on a run – especially a longer one – your pockets may not provide enough space for your belongings. Running belts allow runners to store essential items and gear, such as cell phones, keys, IDs, money, snacks, and sometimes even water or extra clothing. These accessories range significantly in terms of storage capacity and fit, so choosing the right one ultimately comes down to an individual's needs and comfort.

To narrow down the options, I tapped into my experience as a longtime runner, certified personal trainer, and gear reviewer. I also spoke with professional running coach Will Baldwin about what features to look for in a running belt. The Naked Running Band earns our top recommendation because of its generous 2-liter capacity and comfortable, no-bounce fit. But, after considering your specific needs, you may find that another running belt on our list is a better match for you.

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## Best Overall

**Naked Running Band »**

**PROS:**

- ✓ Tight, no-bounce fit
- ✓ Breathable mesh fabric
- ✓ Inclusive and straightforward sizing
- ✓ 2-liter carrying capacity
- ✓ Carries up to 1.5 liters of water

**CONS:**

- ✗ Fabric feels somewhat scratchy against bare skin
- ✗ No hydration accessories included

[Buy From Amazon](#)

The Naked Running Band is one of the most popular running belts among runners of all distances and fitness levels. It's also the option that running coach Will Baldwin recommends to almost everyone.

"It has a massive carrying capacity, and [the brand] has done an amazing job at engineering the outer elastic layer to reduce the bounce as much as possible," Baldwin says. "It's incredible how much you can stuff in this thing and how well you can move in it."

Baldwin says he has packed this belt with two 500-milliliter soft flasks of water, six running gels, a rain jacket, a granola bar, and a cell phone with no problem and minimal jostling.

“There's something about a belt that makes you feel more in tune with your movement when you're out on the trail,” Baldwin says. “Having nothing around your chest or shoulders is a welcomed improvement to any run.”

I have also used the Naked Running Band and enjoyed it for the most part, though it’s admittedly not my personal favorite. I found the fabric, a knit mesh, to be somewhat scratchy on bare skin. If you run with a T-shirt or tank top, this won’t be a problem, though.

True to the brand’s claims, I found the Naked Band to barely bounce or move at all – even when carrying soft water flasks – thanks to its compressive fit. I also like how the sizing is gender-neutral and very straightforward, making it easy to figure out which option to purchase online.

Specs

List Price:	\$55
Total Carrying Capacity:	2 L
Hydration Capacity:	Up to three 500-mL soft flasks
Materials:	Mesh

[Buy From Amazon »](#)

Best Budget

Original SPIBelt »

**PROS:**

- ✓ Inexpensive
- ✓ Soft, flexible fabric
- ✓ Quick-drying belt and main pocket
- ✓ Plenty of room for essentials: phone, keys, ID, snacks
- ✓ Dozens of colors/designs to choose from

**CONS:**

- ✗ Some bounce if overfilled
- ✗ Difficult to get phone out at times
- ✗ No hydration carrying capacity

[Buy From Amazon](#)

Costing less than \$40, the SPIBelt Original Belt is an affordable yet functional option. It can carry a smartphone, cash and/or cards, and keys with room for a small snack or a couple of running gels.

The design is simple: It's a soft, elastic, and adjustable waistband with a clip buckle and a single, stretchy zippered pocket. I run with the reflective version of this belt and like its flexible fabric and soft feel.

This belt is best worn below the belly button; you can get the most snug fit just under the hip bones. When filled to capacity, the SPIBelt does have some bounce, but nothing that’s going to make you quit your run – a minor adjustment every mile or two is all.

One of my favorite features about this belt is that the fabric of both the waistband and pocket is quick to dry. This prevents too much sweat buildup when running in warm or humid weather.

Marlo Jappen Porto, the editor of this piece, uses this running belt while treadmill running at the gym and for 5K races. “For such a slim belt, I was blown away by how much I could fit in it,” she says. “It’s unobtrusive – I often forget that I’m wearing it.”

However, if you’re looking for a belt that can carry water, this isn’t the one for you. Though it has an impressive carrying capacity for its size, there’s no place to stash soft flasks or bottles. But, for shorter runs when you can rehydrate afterward, the SPIBelt Original Belt hits the mark.

Specs

List Price:	Starting at \$24.99 (Depending on color)
Hydration Capacity:	None
Materials:	Spandex, elastic

[Buy From Amazon »](#)

Best for Long-Distance Runs

HOKA Flight Ultra Belt »

**PROS:**

- ✓ Multiple pockets
- ✓ Can stash soft hydration flasks, nutrition, and phone/card/ID
- ✓ Soft, lightweight fabric
- ✓ Breathable perforated side panels
- ✓ Bungee loops for trekking poles or race bib

**CONS:**

- ✗ Wide band won't be comfortable for everyone
- ✗ No zippered pockets

[Buy From Hoka](#)

HOKA may be best known for its cushioned, comfortable [shoes](#), but this brand also carries a number of high-quality running accessories, including belts. The HOKA Flight Ultra Belt is a top-tier choice for long runs thanks to its wide, soft design that can fit everything from water to fuel to trekking poles.

Designed with breathable perforated side panels, the Flight Ultra Belt features multiple drop-in pockets and bungee loops. This makes it ultra-

customizable to each runner’s needs for runs of different lengths and difficulties.

Design-wise, this belt features a wide band and compressive fit. It may take some getting used to but some runners may find that they prefer a more snug running belt because it allows for more items with less bounce.

Lightweight and packable, the Flight Ultra Belt is meant to be a do-it-all belt for long-distance runs and trail outings.

Specs

List Price:	\$50
Hydration Capacity:	Two to three 500-mL soft flasks
Materials:	Elastic, stretch-woven fabric, mesh

[Buy From Hoka »](#)

Best for Shorter Runs

Lululemon Fast and Free Running Belt »



**PROS:**

- ✓ Soft, quick-drying fabric
- ✓ Lightweight, slender design
- ✓ Holds the essentials
- ✓ Adjustable fit
- ✓ Machine-washable

**CONS:**

- ✗ No hydration carrying capacity
- ✗ May bounce if overfilled

[Buy From Lululemon](#)

This popular running belt is an ideal choice for runners who just want to bring the essentials: phone, key, ID, credit card, and maybe a running gel or two. The Fast and Free belt is lightweight, quick-drying, and stretchy, and the fabric of the waistband and pocket feels soft against bare skin.

Seeing as this belt doesn't have hydration-carrying features, it's best reserved for runners who stick to short or middle distances. If you plan to run for more than one hour, especially in very hot, humid, or high-altitude conditions, a belt with greater fuel and hydration capacity is a better choice.

The adjustable back strap is made of a strong polyester and features an adjustable slider that’s easy to use to find the right fit. The pocket is made of a nylon and Lycra blend that’s flexible and comfortable. (It’s Lululemon’s popular Nulux fabric, also used in their Fast and Free apparel.)

This belt is machine-washable, so there’s no need to add hand-washing to your to-do list. Don’t toss it in the dryer, though. Instead, lay it flat to air dry.

Specs

List Price:	\$38
Hydration Capacity:	None
Materials:	Lycra, polyester, nylon

[Buy From Lululemon »](#)

Best for Storage Space

Camelbak Ultra Belt »

**PROS:**

- ✓ 2-liter gear capacity
- ✓ Four pockets
- ✓ 17-oz soft flask included
- ✓ Trekking pole compatibility
- ✓ Wide band minimizes bounce

**CONS:**

- ✗ May bounce when water flask is full
- ✗ Flask can be hard to reach when actively running

[Buy From Amazon](#)

Camelbak somehow managed to turn a minimalist running belt into a storage powerhouse with its Ultra Belt. With four pockets and a 17-ounce soft water flask, the Camelbak Ultra Belt can carry a total of 2 liters of gear, with plenty of room for personal items and snacks.

The large zippered pocket on the front of the belt is a secure place for your phone and other valuables, while the drop-in pocket behind it works well for storing small items such as [running gloves](#) or electrolyte packets. The drop-in pocket on the side of the belt is ideal for running gels or small snacks.

The included 17-ounce soft flask goes in the rear pocket, a suitable placement because it rests on your lumbar region to reduce bounce. (Though it may still bounce when the flask is full). Because of its placement, the flask can be tricky to reach and grab while running. You may find that you need to stop running to take a drink and put the bottle back.

Made of an ultralight 3D mesh material, the Camelbak Ultra Belt is breathable and won't weigh you down. It even comes with trekking pole attachments for runners who venture into the backcountry and tackle steep grades.

Specs

List Price:	\$60
Total Carrying Capacity:	2 liters
Hydration Capacity:	17 oz.
Materials:	Mesh, water-resistant woven fabric

[Buy From Amazon »](#)

Best for Hydration

Ultimate Direction Ultra Belt »

**PROS:**

- ✓ Two water bottles included
- ✓ Capable of carrying up to 1 liter of water
- ✓ Zippered pocket for storage
- ✓ Weather-resistant fabric

**CONS:**

- ✗ Expensive
- ✗ Prone to bouncing when bottles are full

[Buy From Amazon](#)

Gone are the days when running vests or backpacks were the only way to carry a substantial amount of water while out on a run. Now, runners can enjoy complete freedom in the arms and shoulders and still bring ample water with belts like the Ultimate Direction Ultra Belt.

This running belt comes with two hard-sided water bottles that hold half of a liter of water each, making the total liquid-carrying capacity of this belt an impressive 1 liter. What's even better is that the hard-sided bottles are easier to remove and replace than soft flasks, so it's easier to drink while actively running (rather than having to slow down or stop).

In addition to the 1-liter water storage, the Ultimate Direction Ultra Belt also features a secure zippered pocket that can hold your phone, keys, and other essentials.

The material is weather-resistant, so you can confidently take your phone out in mildly wet weather. Due to the size of this pack – and the weight of a liter of water – it’s meant to be worn with the contents of the pack resting on your lumbar curve. If you wear it in front, you’ll likely experience significant bouncing.

Specs

List Price:	\$74.95
Hydration Capacity:	1 L
Materials:	Mesh, silicone-coated nylon

[Buy From Amazon »](#)

Best for Nighttime Safety

Reflective SPIBelt »

**PROS:**

- ✓ Entire storage pocket is reflective
- ✓ Branded lettering on waistband is reflective
- ✓ Stores the essentials: phone, card/ID, keys, small snacks
- ✓ Soft, flexible waistband

**CONS:**

- ✗ No hydration carrying capacity
- ✗ Will bounce if very full

[Buy From Amazon](#)

This reflective SPIBelt is the same as our best budget pick, the SPIBelt Original Belt, except the entire storage pocket is made from a highly reflective material. The branded lettering on the waistband is also reflective.

I currently run with this reflective SPIBelt and love the peace of mind it provides during early morning runs when the sun isn't fully up.

Other than providing an element of safety in low-light conditions, this running belt easily holds all of the essentials for a shorter run: cell phone, keys, ID,

and credit card. The pocket is quite stretchy, so it can hold several items, but it can be tricky to pull items out while running. Usually, I find myself slowing down or stopping if I need to grab something.

When at capacity, the SPIBelt can have some bounce, but this can be minimized by wearing it on the lumbar region (lower back) rather than on the front of the torso. For optimal bounce prevention, I position the belt just under the hip bone.

All in all, this belt’s reflectivity, comfort, and storage make it a great option for shorter runs in low-light environments.

Specs

List Price:	\$32.99
Hydration Capacity:	None
Materials:	Spandex, elastic

[Buy From Amazon »](#)

Best for Comfort

Nathan The Zipster Lite »



**PROS:**

- ✓ Lightweight, breathable fabric
- ✓ Soft and flexible
- ✓ Wide band minimizes bounce
- ✓ Weighs just 2.2 ounces
- ✓ Two zippered, weather-resistant pockets

**CONS:**

- ✗ No hydration carrying capacity
- ✗ Compressive fit takes some time to get used to

[Buy From Amazon](#)

The Nathan Zipster Lite running belt should be on your shopping list if you want to prioritize comfort, breathability, and flexibility. This simple belt features a wide-band design, which minimizes bounce while maximizing storage space. The fabric, a water-resistant woven textile, is soft and protective. Though flexible, the belt is slightly compressive with the right fit.

It features two zippered pockets: One in the front and one in the rear. The front pocket is large enough to hold most smartphones and a couple of other

small items, such as the case for your earbuds. The rear pocket is slightly smaller and best used for items you don't need to grab during your run like a credit card or car key.

The Zipster Lite also has a drop-in pocket on each side, both of which are ideal for holding running gels or an energy bar. This belt doesn't have any hydration carrying capacity, so it's best used for runs up to an hour in length. Plus, the Zipster Lite belt is feather-light, weighing just 2.2 ounces.

Specs

List Price:	\$35
Hydration Capacity:	None
Materials:	Mesh, water-resistant woven fabric

[Buy From Amazon »](#)

The Bottom Line

The Naked Running band is the best overall running belt due to its impressive carrying capacity, a wide range of size options, and lack of bounce. Its compressive fit keeps your belongings secure and prevents uncomfortable movement of the band.

Things To Consider When Buying Running Belts

The primary purpose of a running belt is to allow a runner to carry extra supplies, says Baldwin. "Running belts range from just enough space to hold keys and a credit card to much larger capacity belts that can carry liters of water, food, and extra layers

of clothing,” he says. Thus, there are a lot of factors to consider when shopping for a running belt.

**Comfort and Fit:** This is the most important factor to consider, and it should be the first item on every shopper’s list, Baldwin says. “How the belt positions itself along your body is a crucial component of fit,” he says, noting that bounce is an equally important factor.

“The best belts are designed so that even when loaded up quite heavy, they have limited bounce. As you run, the stored items are going to jump up and down at a different rate than you are,” he explains. “This can become wildly annoying and even painful. If the belt doesn’t have the proper elastic lockdown mechanism to limit the jostling, the run will be very unenjoyable. You won’t be able to focus on the run, as every step will remind you precisely what gear you have and where it is.”

This ultimately impacts performance, according to Baldwin. “Belts that are too tight can squeeze the stomach and internal organs and cause a lot of discomfort.

Belts that are too loose will bounce around too much, causing the runner to slow down and adjust while preventing him or her from focusing on the running.”

How do you know a belt fits correctly? Baldwin says that “the best belts feel like an extension of your own body.” You shouldn’t notice them much or at all while running.

**Storage:** In order of importance, storage comes after fit. “You need to think about what gear you are trying to hold,” Baldwin says. Ask yourself the following questions:

- Do you need a specific feature for trekking poles?
- Can the belt you’re looking at fit your specific cell phone?
- Do you need an internal clip to secure your keys?
- Do you want it to hold water, and if so, how much?

Part of answering these questions accurately is knowing how far you will run while wearing the belt. “Running belts can significantly improve performance for longer races, such as marathons and ultramarathons,” Baldwin explains, “because the average runner doesn’t take in enough carbohydrates during longer events. The right belt can offer the opportunity to carry all of the correct fueling options for a runner to compete to the full extent of their fitness.”

On the flip side, if you're going out for shorter runs, a more extensive belt will just weigh you down, Baldwin says.

**Materials and Durability:** Running belts should be breathable and flexible but durable. Because of where the accessory sits on your body – on your abdomen – it's necessary that the belt is capable of moving with your torso as you run. Otherwise, you'll feel like your movement is stifled and your performance will suffer. Soft, woven fabrics with a good amount of stretch are ideal.

As for durability, components like zippers, buckles, and adjustment slides should be made of hard, thick plastic. Thin, flimsy components will break easily, especially if you are hastily adjusting the belt while running.

For running in warmer weather, look for quick-drying or perforated fabrics for breathability.

**Additional Features:** Depending on your needs, you may want a running belt that comes with a compatible [water bottle](#) or two, elastic loops for holding running gels, clips for holding race bibs, or bungee cords for strapping in a rain jacket or trekking poles.

## How We Chose the Best Running Belts

For the author, more than a decade of experience as a runner, plus several years of experience as a fitness gear reviewer, informed this guide. In addition to tapping her own personal and career experience, author Amanda Capritto interviewed professional running coach [Will Baldwin](#) about the benefits and drawbacks of running belts. Baldwin provided insights about how running belts should fit and how buyers can make the right purchase on the first try by considering their run distances, fuel and hydration preferences, and essential gear.

### WHY SHOULD YOU TRUST US?

The author of this guide, [Amanda Capritto](#), is a professional gear reviewer and endurance athlete. She has used more than a dozen different running belts for both

personal and professional purposes. Between trail running, backpacking, and training for USA Triathlon Nationals in 2024, Capritto is always looking for smart storage solutions for a variety of gear and fuel. [Marlo Jappen Porto](#), U.S. News 360 Reviews editor, is an experienced commerce editor, specializing in fitness products. She owns – and loves – the best budget pick, the Original SPIBelt.

## FAQ

**What should I pack in my running belt?** +

**What's the difference between a running belt and a fanny pack?** +

**Will a running belt slow me down?** +

**How do I clean my running belt?** +

## About Our Team



### Amanda Capritto

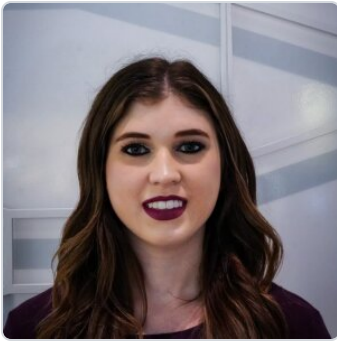
Contributor



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



## Former Editor



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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