KIT LIST

T*E*A*M Bootcamp
THINK, EAT AND MOVE DIFFERENTLY

Kit	Quantity		Tick when you've pcked it
	Summer	Winter	
Quality trainers - At least one pair that are worn in	2	2	
Walking boots or trail shoes	1	1	
Sports socks, avoid nylon or synthetic fibres	7	10+	
Underwear	7	7	
Shorts or leggings / track suit bottoms for training	4	6	
T-Shirts and training tops	4	6	
Warm fleece top or sweatshirt	1	2	
Breathable water proof jacket and trousers	1	1	
Training gloves	1Pr	1Pr	
Bandana or cap	1	0	
Warm hat and gloves	0	1	
Comfy lounge wear for dinner and chilling out after exercise	Various	Various	
Indoor footwear. Slippers or flip flops	1	1	
Water bottle	1	1	
Small rucksack	1	1	
Towels - Large bath	2	2	
Towels - Small hand towel for training	1	1	
Toiletries	Various	Various	
Swimming costume	2	2	
Hot water bottle to help ease aching pains	1	1	
Smart casual wear for presentation dinner	1	1	
Small personal first aid kit to include:			
Various plasters			
Compeed blister packs			
Allergy medication if required			
Sun cream and sun block			
Ibruprofen			
Paracetamol			
Vaseline			
Sports strapping tape			
Lipsalve			

You may wish to bring old clothing to use on wet and muddy days.

LAUNDRY: There is a laundry service available on site for a small fee.

For more information contact us using the details below.

A RANGE OF BRANDED SPORTS WEAR IS AVAILABLE TO BUY AT CAMP

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