

Please see below a suggested kit list for your boot camp. This will vary depending on the unpredictable British weather so bring what you think is appropriate. During inclement weather there will be times when you get wet and muddy so please do not waste your money on expensive designer clothing. There are laundry facilities on site so please bring what you feel is appropriate and your preference for the week as outlined below.

Outer wear

- Gloves
- Warm hat / Cap -Style of your choice
- Waterproof Jacket – Breathable material is more efficient and more comfortable
- Waterproof walking bottoms – Breathable material is more efficient and more comfortable
- Lightweight Waterproofs – Seasonal

Underwear

- Sports Bras
- Knickers/Briefs/Boxers etc
- Sets of Thermals (if weather is very cold)

Nightwear

- Set of PJ's
- Slippers
- Ear plugs – these only apply if you are sharing a room in case of snorers!

General wear

- Tracksuit Bottoms
- Tracksuit Tops
- Walking Trousers – Lightweight
- Shorts (if summer time)
- Fleece
- Sweat Shirts
- T-shirts / Sports Tops
- Long Sleeve Tops
- Swimsuit
- Walking socks
- Sport socks

Miscellaneous

- Two water bottles for drinking throughout the day - these are essential
- Toiletries and over-the-counter medicines that you would normally take on an overseas holiday such as Senakot, Immodium, Ibuprofen, and Alka Seltzer
- Blister plasters and small first aid kit
- Sunscreen
- Tampax or sanitary towels – if applicable
- Lip balm
- Day rucksack – with padded straps and big enough to carry water, camera, lunch etc.
- Hairdryer
- Digital Camera
- Beach Towel (fresh towels will be provided in your bathroom however a towel is required to take off site)

Foot wear*

- Walking Boots – please ensure they are broken in and waterproof
- Trainers suitable for running and circuits – two pairs would be advisable in wet weather

*Adequate footwear is essential and you will not be able to participate in all the activities without them. For your comfort please wear in any new boots/shoes prior to your Boot Camp.