



The Body Camp Kit List

- Back Pack
- Water Bottle
- Cap or sun hat
- Sports sunglasses for UV Protection
- Hiking Boots
- Two pairs on trainers
- Running leggings, shorts etc
- Loungewear for the evenings
- Plenty of vests and T shirts for training
- Sports Bras
- Jumpers and Hoodies (in the cooler months)
- Lightweight waterproof jacket (Essential in Autumn & Winter)
- Pajamas
- Swimwear
- Flip Flops
- Goggles & Swim hat (Optional)
- Toiletries
- High protection Sun tan lotion & After Sun
- Any medication you may need , eg painkillers etc
- Blister plasters
- Books for down time

Standard Hairdryers are provided in the bathrooms