



## KIT LIST BIG WEEKENDS UK

Everything you can fit into a carry on

- Back pack [ ]
- Water bottle [ ]
- Swimwear [ ]
- Goggles and swim hat (not essential but handy if you want to swim everyday) [ ]
- Flip flops [ ]
- 2 - 4 changes of training clothes tops and leggings/shorts [ ]
- Warm Jumpers and Hoodies (in the cooler months) [ ]
- Sports bras [ ]
- 4 pairs socks [ ]
- Pants / Knickers [ ]
- Toiletries (All essential bathroom products (shower gel only provided) [ ]
- Pyjamas and slippers [ ]
- Cosy loungewear for the evenings [ ]
- Waterproof jacket [ ]
- Waterproof trousers (not essential) [ ]
- Trainers x 2 (in case they get wet) [ ]
- Phone charger [ ]
- Any medication you need, eg painkillers etc [ ]
- Blister plasters [ ]
- Books for down time [ ]

**Pack to be cosy in cold and wet weather - lots of layers please**



## KIT LIST

### Mallorca / Marrakesh

- Back pack [ ]
- Water bottle [ ]
- Cap or sun hat [ ]
- Sport sunglasses for UV protection [ ]
- Hiking boots [ ]
- Two pairs of trainers [ ]
- Running leggings, shorts etc [ ]
- Cosy 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 and winter) [ ]
- Pyjamas and slippers [ ]
- Swimwear [ ]
- Flip flops [ ]
- Goggles and swim hat (not essential but handy if you want to swim everyday) [ ]
- Toiletries - All essential bathroom products (shower gel only provided) [ ]
- High protection sun tan lotion and after sun [ ]
- Any medication you need, eg painkillers etc [ ]
- Blister plasters [ ]
- Books for down time [ ]
- Phone charger [ ]

We recommend cosy jumpers for evening