

## SUMMER KIT LIST

	Kit
<input type="checkbox"/>	-Rucksack
<input type="checkbox"/>	-Day rucksack for hikes
<input type="checkbox"/>	-Good pair of trainers x2
<input type="checkbox"/>	-Walking shoes/hiking boots (worn in)
<input type="checkbox"/>	-Toiletries
<input type="checkbox"/>	-Suncream
<input type="checkbox"/>	-Sunglasses
<input type="checkbox"/>	-Summer hat
<input type="checkbox"/>	-A water bottle
<input type="checkbox"/>	-Towels x2
<input type="checkbox"/>	-Sweat towels
<input type="checkbox"/>	-T-shirts
<input type="checkbox"/>	-Long sleeve tops
<input type="checkbox"/>	-Hoodies/jumpers
<input type="checkbox"/>	-Swimming costume
<input type="checkbox"/>	-Shorts/leggings
<input type="checkbox"/>	-Sports socks
<input type="checkbox"/>	-Blister packs
<input type="checkbox"/>	-Hairdryer
<input type="checkbox"/>	-Underwear/sports bras
<input type="checkbox"/>	-Waterproof trousers
<input type="checkbox"/>	-Waterproof jacket
<input type="checkbox"/>	-Lounge wear (for evenings)

Make sure you bring enough clothes for the week. You'll be working out a lot so you will want quite a few changes of clothes.

This list is not exhaustive, it just covers the basics.

We do however have washing machines in our lodges if you need to clean any clothes during the week.

You may also want to choose some clothes to bring that you are happy to get muddy/wet.

If there is anything you are unsure of, please contact us and we can answer any questions you may have.

We're looking forward to having you stay.

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