



## CAMP KIT CHECKLIST

Please use the list before to ensure you bring adequate kit to the training camp. Having enough and the right clothing is very important in order to stay warm, be able to participate fully and enjoy the camp.

### SWIM KIT

- Swimsuit
- Goggles
- Swim Hat (if needed)
- Towel
- Water Bottle
- Swim Floats (kick board and pull bouy) - if you have them

### BIKE KIT

- BIKE – Must be working with properly inflated tyres
- Helmet – No helmet = No riding!!
- Bike Lock – if you have one to secure your bike when not in use.
- Gloves – full finger warm gloves
- Warm sports clothes – Ideally including a long sleeved thermal base layer. Snug fitting clothes including full length tracksuit bottoms, leggings or sports tights - no loose bottoms that might get caught in moving parts of the bike.
- Wind / Waterproof Jacket
- Bike or running shoes
- Water Bottle.

### RUN KIT

- Running Shoes
- Hat
- Gloves – full finger warm gloves
- Warm clothes – Sports kit suitable for running that allows free movement. Ideally including a long sleeved thermal base layer.
- Wind / Waterproof Jacket
- Water Bottle.

### OTHER KIT

- Shower kit – towel and shampoo etc.
- Warm clothes – in addition to outdoor training kit in case this gets wet.
- Indoor gym kit for training sessions inside – shorts t-shirt and running shoes etc.
- Lunch / Snacks for between sessions. Or money to purchase at the cafeteria