



NO1 BOOT CAMP

SUMMER KIT LIST



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www.no1bootcamp.com

SUGGESTIONS OF WHAT TO BRING

Toiletries	Comfy lounge wear for dinner and chilling out after exercise
Hairdryer	Depending on the weather, waterproof & breathable jacket and trousers
Extra bath towels	Warm sweatshirts, fleece
Compede blister packs, just in case	Plenty of t shirts
Allergy tablets, if you need them	Bandanas or caps for summer
Suncream / sun block	Water Bottle*
Swimming costume / trunks	Rucksack to carry extra clothing / water bottles
Good trainers / sports shoes that have been worn in.	Towels (minimum of 2)
Extra pair of trainers	Waterproof Flip-Flops / Sandals
Plenty of socks	Waterproof gloves for those who are not used to exercising outside
Underwear	Indoor shoes (e.g. slippers)
Exercise pants / shorts for summer	

BUY YOUR KIT FROM US! We have a range of No1 Boot Camp branded t-shirts, warm fleecy sweatshirts, army trousers and other items e.g.* Waterbottles etc... on site to purchase - Please call us for details. You can view some examples of our clothing here > [No1 Boot Camp Clothing](#)

In colder months we recommend you bring plenty of layers as you will get warm working out and then need to avoid a chill.

You might want to bring old exercise clothes to use on muddy/wet days.



For more information contact us on

01485 570635

or email info@no1bootcamp.com

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