



NO1 BOOT CAMP

WINTER KIT LIST

☎ 44 (0) 207 625 4307 or 7013 ✉ info@no1bootcamp.com 🌐 www.no1bootcamp.com

SUGGESTIONS OF WHAT TO BRING

Toiletries	Comfy lounge wear for dinner and chilling out after exercise
Hairdryer	** Waterproof jacket & trousers
Extra bath towels	Warm sweatshirts / fleeces
Compede blister packs, just in case	Plenty of t shirts & other spare clothing in case of wet weather!
Allergy tablets, if you need them	Water bottle
Swimming costume / trunks	Rucksack to carry extra clothing / waterbottles
Good trainers / sports shoes that have been worn in.	Warm hats & gloves
** Walking shoes / hiking boots that have been worn in.	Waterproof Flip-Flops / Sandals
Extra pair of trainers	Waterproof gloves for those who are not used to exercising outside
Plenty of Socks and Underwear	
Towels (minimum of 2)	

*** Waterproof & breathable recommended*

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.

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

0207 625 4307

or email info@no1bootcamp.com

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