



NO1 BOOT CAMP

WINTER 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 | |
| Extra bath towels | ** Waterproof jacket & trousers |
| Compede blister packs, just in case | Warm sweatshirts / fleeces |
| Allergy tablets, if you need them | Plenty of t shirts & other spare clothing in case of wet weather! |
| Swimming costume / trunks | Water bottle |
| Good trainers / sports shoes that have been worn in. | Rucksack to carry extra clothing / water bottles |
| ** Walking shoes / hiking boots that have been worn in. | Warm hats & gloves |
| Extra pair of trainers | Waterproof Flip-Flops / Sandals |
| Plenty of Socks and Underwear | Waterproof gloves for those who are not used to exercising outside |
| Towels (minimum of 2) | ** Waterproof & breathable recommended |
| Indoor shoes (e.g. Slippers) | |

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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