

NO 1 KIT LIST ACROSS ALL CAMPS

Winter UK – ensure your kit caters for UK climates

Morocco - check local temperatures at booking and ensure appropriate training kit

- Socks (2 changes per day are recommended for basic foot health)
- Exercise pants / shorts for summer / light joggers and leggings / full length compression pants for winter
- Weather dependent waterproof top and bottoms
- Warm sweatshirts, fleece – consider warm base layers rather than thick single layers
- Plenty of t-shirts, vests and training tops (assume 2 changes per day - washing available on site)
- Bandannas, warm hat, cap for summer and weather variables
- Beanies, wooly hats, scarfs and snoods
- Waterproof windproof gloves (used for protection against weather and to use for training)
- Water bottle (1 litre at least - we sell on site)
- Rucksack or small kit bag (to carry kit on walks)
- Flip flops, sandals, slippers (allowing feet to breathe during off periods and observe house rules of indoor shoes inside on camp)

- Swimming costume / trunks (swimming not compulsory - some training weeks in Ibiza & Morocco incorporate pool training and access to pools for leisure time)
- Cross trainers, trek trainers and/or outdoor trainer types x 2 (trainers for outdoor functional exercise and purpose, incorporating good ankle support, sole and not the indoor fashion gym trainer) e.g. Solomans, Aesics. **NB - Make sure they are broken in!**

Post training

- Comfy lounge wear for dinner and chilling out after exercise

BUY YOUR KIT FROM US!

We have a range of No1 Boot Camp branded kit (t-shirts, warm fleecy sweatshirts, army trousers, waterbottles) available to purchase on site. Please call us for details.

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.

Personals

- Toiletries, hairdryer, extra bath towels
- Allergy tablets if needed and prescribed medications 'only'
- Sun creams / sun blocks and lotions, sunglasses, caps
- Anti-chaff cream if prone to chaffing. Lanacane anti friction gel <http://www.lanacane.com/our-products/lanacane-anti-friction-gel/>, sudocrem are some we would recommend

Niceties

- Books to pass the time, laptops (wifi available), ipad/ipod, movies on a hard drive
- Cards

No 1 Chief Instructor Gee Leary on footwear:

"Based on my experience on camp, I can't stress the importance of ensuring you train in the correct footwear both ahead and whilst on site (and onwards).

If you do suffer "sore knees" when running, walking from exercising or "out-toeing" more commonly referred to as 'ducked feet gate' - prior assessment from a professional 'podiatrist' could significantly help you with correct posture and ensure our training team help provide you with the the best exercise types. In addition, mitigating the chance of injuries."

Other professionals who can help are:

- Pilates Trainers
- Occupational Therapists
- Certified Athletic Trainers
- Physical Therapists

IMPORTANT - ensure any / all knee, foot, walking, running medical issues are flagged ahead on your separate medical forms. We rely on you to provide us with accurate information so we can make your training more effective and help you get the results you deserve.

For more information contact us on
+44 (0) 1485 570635
or email info@no1bootcamp.com
www.no1bootcamp.com