



A HOLISTIC LIFESTYLE
TRANSFORMATION

THE BODY CAMP KIT LIST

- Back pack []
- Keep cold water bottle - (1L or 2 x 500ml) []
- Cap or sun hat []
- Sports sun glasses for UV protection []
- Hiking boots (must have been worn in, not a necessity if you prefer trainers) []
- Good trainers (2 pairs) []
- Running leggings/shorts/etc []
- Lounge wear for chilling out each evening []
- Plenty of t-shirts and vests for training []
- Plenty of pants and socks []
- Sports bras []
- Jumper or cardigan in case it gets chilly []
- Light weight water proof jacket []
- Pyjamas []
- Bikini/trunks []
- Swimming costume for pool and sea sports []
- Flip-flops []
- Goggles and swimming hat []
- Face wash and moisturiser []
- Deodorant []
- After sun and good high protection sun screen for face and body []
- Toothbrush and toothpaste []
- Comb/brush []
- Any medication you may need plus pain killers (Ibuprofen preferred) []
- Compeed blister plasters []
- Eye Mask []