



# NO1 BOOT CAMP

## IBIZA KIT LIST



44 (0) 1485 570635



info@no1bootcamp.com



www.no1bootcamp.com

### SUGGESTIONS OF WHAT TO BRING

* <b>Water Bottles or Camelbak Hydration</b>	Comfy lounge wear for dinner and chilling out after exercise
* <b>Rucksack to carry water bottles etc...</b>	Plenty of t shirts & a warm sweatshirt / fleece
* <b>Compeed blister packs, just in case</b>	Exercise pants / shorts / gym clothing
* <b>Suncream / sun block / after-sun care</b>	Toiletries (Ladies, remember make-up remover!)
* <b>Sun hat, bandanas or caps for exercising in</b>	Insect repellent / Mosquito spray
* <b>Sports sun glasses for UV protection</b>	Hairdryer
* <b>Hiking boots that have been worn in</b>	Dressing Gown
* <b>Medications such as allergy (antihistamine) tablets, pain killers (paracetamol)</b>	Waterproof Flip-Flops / Sandals
Good trainers / sports shoes that have been worn in (suggest 2 pairs)	Swimming costume / trunks / bikini
Smart evening clothes for your last night (group meal out)	(In winter months, please bring a lightweight waterproof & breathable jacket / trousers)
Plenty of underwear & socks	

**\*IMPORTANT ESSENTIAL ITEMS: You must bring water bottles and a rucksack** for hiking to keep your hands free. We recommend bringing **a large 2 litre Camelbak hydration** pack if you can. **Proper hiking boots are extremely important !!**

**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... Please call us for details. You can view some examples of our clothing here > [No1 Boot Camp Clothing](#)

#### **Additional Cash Expenses:**

Approx. 10+ Euros for lunch on the day of your hike (one per week)

Cash (Euros) for the evening group meal out on Friday night

Cash (Euros) for treatments such as massages

We recommend you bring plenty of thin layers as you will get warm working out and then need to avoid a chill.



For more information contact us on

**01485 570635**

or email [info@no1bootcamp.com](mailto:info@no1bootcamp.com)

[www.no1bootcamp.com](http://www.no1bootcamp.com)