



NO1 BOOT CAMP

MARRAKECH KIT LIST



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www.no1bootcamp.com

SUGGESTIONS OF WHAT TO BRING

* Water Bottles or Camelbak Hydration	Plenty of underwear & socks
* Rucksack to carry water bottles etc...	Comfy lounge wear for dinner and chilling out after exercise
* Compeed blister packs, just in case	Plenty of t shirts & a warm sweatshirt / fleece
* Suncream / sun block / after-sun care	Exercise pants / shorts / gym clothing
* Sun hat, bandanas or caps for exercising in	Toiletries
* Sports sun glasses for UV protection	Hairdryer
* Hiking boots that have been worn in	Dressing Gown
* Medications such as allergy (antihistamine) tablets, pain killers (paracetamol)	Waterproof Flip-Flops / Sandals
Good trainers / sports shoes that have been worn in (suggest 2 pairs)	Swimming costume / trunks / bikini
Smart evening clothes - Please respect the culture and cover your knees & shoulders	

***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 - We have them for sale. **Proper worn-in 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... on site to purchase - Please call us for details. You can view some examples of our clothing here > [No1 Boot Camp Clothing](#)

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

Remember, **day time temperatures are high, but night time temperatures are cool.**



For more information contact us on

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or email info@no1bootcamp.com

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