

WHAT TO PACK

Runners

Running clothes x 2
Running Shoes
Shirts
Shorts
Cozes
Caps/hats
Socks extras won't harm
Slops
Underwear
Warm Jackets
Jeans, Tracksuit, long sleeved shirts
Hydration pack
Closed shoes
Good Old Vaseline
Toiletries / Medicines
High factor waterproof sunscreen
Phone Camera charger
Swimming towels

Campers

Sleeping bag
Mattresses
Pillows
Blankets
Bath and swimming towels
Sheets
Head torch
Cash
Camping chairs
Cooler boxes
Picnic Blankets
Fully Charged Power Banks