

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