



# Le Manoir Bootcamp

## Normandy

### Essential Bootcamp Kit List

- HAT - For outside use in cold weather, and for protection from the summer sun.
- TRAINERS – One or two pairs. Must be comfortable and suitable for indoors (gym sessions) and outdoors (training on grass or gravel).
- HIKING BOOTS – Must be comfortable (preferably not new, but ‘broken in’) and suitable for all weathers.
- GYM CLOTHING – Loose fitting T-shirts, shorts, leggings, track-suit, sweatshirts.
- LIGHTWEIGHT WATERPROOF JACKET
- REFILLABLE WATER BOTTLES
- TOILETRIES - Including sun lotion for outside summer activities
- MEDICATION – your prescription medicine, pain killers, etc.
- SWIMWEAR
- SMALL TOWELS for gym use
- RUCKSACK or GYM BAG