



Checklist

- Running trainers
- Comfortable shoes
- Flip Flops
- Sports clothes- shorts/ leggings/ sports bra/ sports tops/ lightweight jumper/ socks
- Lightweight rain jacket
- Sunscreen/ Hat/ Sunglasses/ After sun
- Water bottle
- Casual clothes including a warm jumper for evenings
- Swimming costume
- Camera
- Medication
- Notebook/ Fitness journal
- Towel- Sports/Bath
- Toiletries
- Hydration Pack- If you are going on a running holiday, this could be a great idea.
- Sports watch (HR monitor) – Running Holidays
- Travel Adaptor
- First Aid kit- Paracetamol and anti blister plasters
- A good book or mp3 player for when you are relaxing