

packing list.



essentials

Here are some essentials to see you through the week, and to ensure that you can look and feel your best at all times:

water bottle

rucksack for hiking

rain mac (just in case)

trainers

LOTS of comfortable training clothes (at least 6 outfits)

LOTS of Socks

flip flops

swimsuit / swimming trunks

casual clothes

going out clothes

warm clothes (it gets slightly chillier in the evening)

loungewear

hair dryer / straighteners / curlers

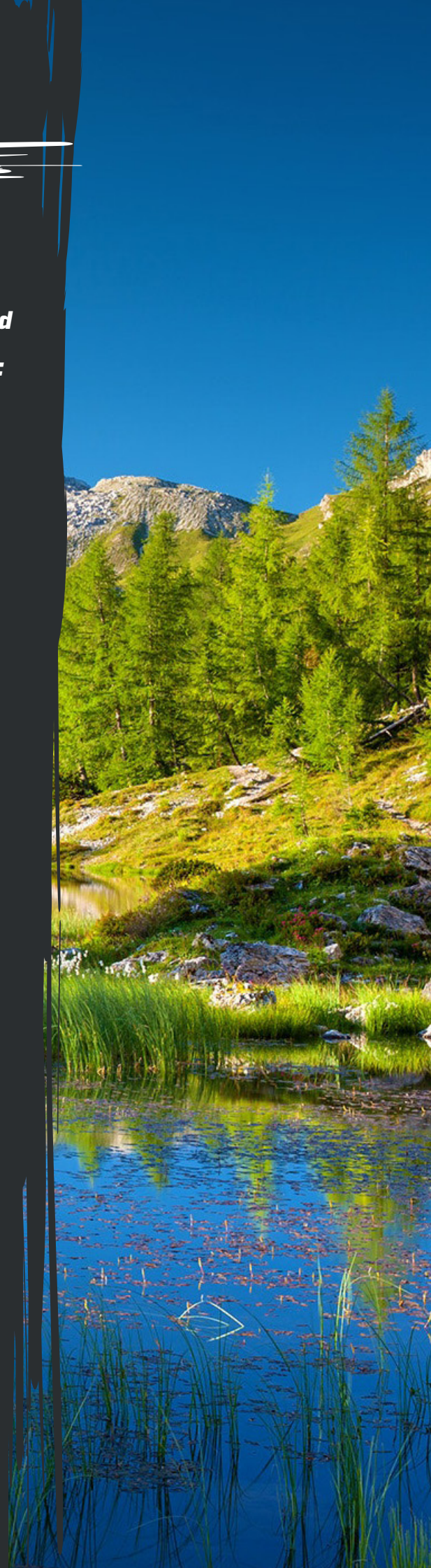
sun cream

aftersun

insect repellent / afterbite

travel adapters

extra Euros (if you want to do any other activities)



relax. refuel. retreat.

 sfretreat

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