



healthystart

HOLIDAYS



KIT LIST

WELCOME TO HEALTHY START HOLIDAYS!

We've taken the chance to create a list of all the things you might want to consider packing in your suitcase. The cycling stuff may seem a bit 'technical' – remember, we're ready for everyone! Just bring something you feel comfortable in for each activity.

Leave some space in there though – we have a few HSH goodies waiting for you!

CYCLING

- Helmet (mandatory)
- Cycling gloves (mandatory)
- Appropriate shoes and socks
- if you have cleats, let us know which type, and we'll make sure your pedals are suitable.
- Cycle jersey or sport shirt
- Sports bra
- Cycle shorts / shorts
- Legwarmers / long trousers – just in case!
- Sunglasses
- Water bottle

SWIMMING

- Swimming costume / swimming shorts
- Goggle
- Swimming cap (compulsory in European pools!)
- Towel

WALKING

- Walking shoes
- Hat
- Rain jacket – you never know!

PILATES

- Fitted, comfortable clothing
- Socks

OTHER

- Sun cream
- Slippers for the house
- Running shoes in case you feel extra active!

And, of course... don't forget your toothbrush!