

SATURDAY PACKING LIST

ACTIVITY	ITEMS	PACKED
WORKOUT	Activewear (Shorts/Leggings, Sports Bra, Top, Cap, Jacket)	<input type="checkbox"/>
	Boxing Gloves & Inner Gloves (advise if you need to borrow)	<input type="checkbox"/>
	Exercise Mat, Water Bottle & Sweat Towel	<input type="checkbox"/>
	Running Shoes	<input type="checkbox"/>
HIKE	Light Rain Jacket + Warm(er) Jacket	<input type="checkbox"/>
	Walking / Trail Shoes (with ankle support)	<input type="checkbox"/>
	Long / Short Sleeve Shirt	<input type="checkbox"/>
	Long Trousers / Shorts	<input type="checkbox"/>
	Small microfiber towel & Water Bottle	<input type="checkbox"/>
	Backpack (large enough to carry lunch, water & jacket)	<input type="checkbox"/>
	Hiking Poles	<input type="checkbox"/>
	Suntan Lotion & Insect Repellent & Blister Plasters	<input type="checkbox"/>
	Hat / Cap / Sunglasses	<input type="checkbox"/>
Energy Snacks	<input type="checkbox"/>	