

Traning Camp

13th March till the 15th March– Fri 12:00 till Sun 15:00

Training Camp Checklist

- Sleeping Mat, sleeping bag / Thick blanket
- Clothing for Sleeping
- Something warm for the evening
- Clothing for training
- Towels
- Shampoo / Shower gel
- A good runners (shoes) and may be an extra pair
- Hat/Baseball Cap
- Gloves
- I would suggest a plastic flip flops for the showers
- A small torch
- A stove to cook you lunch on
- A Gas lamp if you have
- Every one is to bring their own food and drink (breakfast, lunch and dinner)
 - Breakfast something you can eat quickly maybe cereal/protein bars
 - Lunch maybe ready made pasta that you just heat up
 - Dinner something for the barbeque
 - Snacks
- Energy Drinks and water etc, and a small water bottle you can carry around
- Chair
- Plate/glass
- Cutlery
- A small Pot or pan for lunch
- Cooler for food and drinks
- Toilet Paper
- Any Medical subscriptions + inform Master Wallace about them (inhalers etc)
- Bong if you have
- Sun Cream

P.S. No Moaning and Crying ☺

Participants are asked to participate in every exercise given !!!!

