

Caps or sun hats

Bottled water

Sunglasses

Waterproof ponchos/light raincoats

Comfy trainers or walking shoes

**Umbrellas** 

Deodorant

Sun cream

Lip balm with SPF

Reusable water bottles

Cooling towels or flannels

Men's underwear - boxers (small and medium only please)

Women's small pants – (small, size 8 or 10 at most)

Joggers - men's (small and medium only please)

Joggers - (women's size 6/8/10)

Belts - (small size 30 or 32" maximum)

Lightweight T-shirts (men's & women's - S&M)



