



## De Lima Escapes Kit List

- Back pack [ ]
- Keep cold water bottle - (1L or 2 x 500ml) [ ]
- Cap or sun hat [ ]
- Sports sun glasses for UV protection [ ]
- Hiking boots (must have been worn in and are **essential** for Ibiza) [ ]
- Good trainers (2 pairs) [ ]
- Running leggings/shorts/etc [ ]
- Lounge wear for chilling out each evening [ ]
- Plenty of t-shirts and vests for training [ ]
- Plenty of pants and socks [ ]
- Sports bras [ ]
- Jumper or cardigan in case it gets chilly [ ]
- Light weight water proof jacket [ ]
- Pyjamas [ ]
- Bikini/trunks [ ]
- Swimming costume for pool and sea sports [ ]
- Flip-flops [ ]
- Goggles and swimming hat [ ]
- Face wash and moisturiser [ ]
- Shampoo/conditioner/deodorant [ ]
- After sun and good high protection sun screen for face and body [ ]
- Toothbrush and toothpaste [ ]
- Comb/brush [ ]
- Any medication you may need plus pain killers (Ibuprofen preferred) [ ]
- Compeed blister plasters/Arnica [ ]
- Eye Mask [ ]