

# RFH Fitness Holidays

## SUGGESTED EQUIPMENT LIST

Walking boots (or strong trainers for outdoor use)  
Training shoes for gym  
Bike shoes (or outdoor trainers)  
Windproof jacket (Waterproof\* in winter)  
Waterproof trousers\* (in winter)  
Gloves\* (Essential in winter)  
Bike gloves\*  
Bike glasses\*\*  
Bike helmet\*  
Headover/Bandana (Especially in winter)  
Shirts (Plus long sleeve shirts & extra layers in spring, autumn & winter)  
Shorts  
Tracksuit trousers or tights  
Sun hat  
Rucksack (Small)\*  
Sun screen and sun block  
Sunglasses  
Trekking poles\*  
Water bottle\* and/or Camelback  
Heart rate monitor\*\*  
Camera

\* These items are provided free of charge.

\*\* These items are for hire, as indicated in the accompanying table.

## EQUIPMENT HIRE CHARGES

Item	Per Day / Use	Per Week
Laptop	10€	45€
Heart Rate Monitor		12€
Cycling Glasses		4€
Tennis Racquet	3€	

All items must be paid for on departure. Payment will be required in cash.