

# 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 or Scarf (Essential 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.