



JUNIOR KIT CHECKLIST

Please use the list below to ensure you bring adequate kit for Junior training sessions and camps. Having enough and the right clothing is very important in order to stay warm, be able to participate fully and for your child to ultimately enjoy themselves on the day

SWIM KIT

- ☐ Swimsuit
- ☐ Goggles
- ☐ Swim Hat (if needed)
- ☐ Water Bottle (water or sports drink, not fizzy juice)!!
- ☐ Swim Floats (kick board and pull buoy) - if you have them
- ☐ Shower kit – towel and shampoo etc

BIKE KIT

- ☐ BIKE – Must be working with properly inflated tyres
- ☐ Helmet – No helmet = No riding!!
- ☐ Bike Lock – if you have one to secure your bike when not in use.
- ☐ Gloves – full finger warm gloves
- ☐ Warm sports clothes – Ideally including a long sleeved thermal base layer. Snug fitting clothes including full length tracksuit bottoms, leggings or sports tights - no loose bottoms that might get caught in moving parts of the bike.
- ☐ Wind / Waterproof Jacket
- ☐ Bike or running shoes
- ☐ Water Bottle (water or sports drink, not fizzy juice)!!

RUN KIT

- ☐ Running Shoes
- ☐ Hat
- ☐ Gloves – full finger warm gloves
- ☐ Warm clothes – Sports kit suitable for running that allows free movement. Ideally including a long sleeved thermal base layer
- ☐ Wind / Waterproof Jacket
- ☐ Water Bottle (water or sports drink, not fizzy juice)!!
- ☐ Snacks for between sessions, cereal bar, banana, etc, healthy snacks preferably

ADDITIONAL KIT FOR CAMP ATTENDANCE

- ☐ Warm clothes – in addition to outdoor training kit in case this gets wet.
- ☐ Indoor gym kit for training sessions inside – shorts t-shirt and running shoes etc.
- ☐ Lunch / Snacks for between sessions or money to purchase at the cafeteria