

ITEMS REQUIRED FOR TRAINING:

- ◇ T-Shirt/running vest
- ◇ Jumper (Summer and winter)
- ◇ Coat – essential in winter, in summer a waterproof coat is appropriate.
- ◇ Shorts (please bring trousers to put on after training)
- ◇ Tracksuit bottoms/leggings
- ◇ Trainers – they do not need to be expensive, but must do up tightly and have a good grip
- ◇ Water or non-fizzy drink
- ◇ Spikes (if you have them/ want to wear them)
- ◇ If necessary a snack for **AFTER** training

PLEASE LABEL ALL CLOTHING, WATER BOTTLES, BAGS etc (We regularly have unlabeled clothing left at training).

