

## Oliva Kit List 2009



### Swim Kit

Swimming Costumes / Trunks – at least 2  
Towel – at least 2  
Goggles  
Hat (Oliva 2009 Hat provided for the trip)  
Rash Vest (Oliva 2009 Rash Vest provided for the trip)

### Run Kit

T Shirts to run in  
Shorts to run in  
Trainers  
Water Bottle (at least 1.0 litre)

### Wash Kit

Shampoo, Shower Gel, Toothbrush, Toothpaste

### Clothing

T Shirts  
Shorts  
Jeans/Trousers  
Jumper for the evening  
Underwear

### Other

Passport  
European Health Insurance Card  
Wallet with Euro spending money  
Travel Insurance Documents  
**Sun Cream (at least SPF 40)**

RIJLSCA