



WILDFITNESS PACKING LIST: MENORCA

Plan for five full days of exercise and two or three sessions per day. Some are sweaty sessions, some are not! Daytime temperatures are lovely but it can get quite chilly in the mornings and evenings. Even though we don't provide a laundry service there will be at a washing machine at your house that you may wish to use.

Clothing

- Minimum 6-8 training tops including a long sleeve top for chilly mornings
- 4-6 training shorts/leggings/capris
- Sweater for exercising in
- Evening attire including one smart/casual outfit
- Sports bras/socks/underwear
- Jumper or warm cardigan
- Pyjamas
- Swimwear *
- Rash vest if you are sensitive to fresh waters!

Shoes **

- Trail running shoes/trainers with a good grip
- Barefoot/minimalist training shoes
- Sandals/Flip flops

Accessories

- Journal
- A good book!
- Backpack that is comfortable to run in
- Cap or sun hat
- Sports sunglasses for UV protection

Non-essential

- Swimming goggles
- Swimming hat
- Lightweight waterproof shell





Wildfitness Partners

* We have partnered with [Davy J](#), a Cornwall-based maker of swimwear. The swimwear is practical and, in their words, "designed to survive a dive". It is also made from reclaimed fishing nets and marine waste. You will receive a discount of 15% by using the "WILDFIT" discount code.

** Our personal recommendations are [Joe Nimble](#), [Vivobarefoot](#) or [Inov-8](#) for a trail running shoe. Wildfitness are partners with Joe Nimble and Vivobarefoot, so if you wish to purchase we can offer you a complimentary discount code. Please contact us at info@wildfitness.com

