



## RECOMMENDED ONE WEEK PACKING LIST, 2017

It's strongly recommended that you have all your gear before arriving in Whistler – to avoid interruption to the program. Note, this list is based on what previous guests have told us that they have packed. In the event that you buy something and don't use it during your stay... sorry! This list is put together as a guideline in hopes it will help.

For multi-week stays, bring smaller workout clothes (as well as ones that fit you at the time of packing) to factor in your smaller size. This will avoid tripping up on loose pants etc while running. Good problem to have! We have loads of outdoor fitness stores here plus of course, Lululemon. So not only can you go shopping in the weekends, you'll have onsite laundry as well. Therefore don't go crazy buying a whole bunch of things, just bring what you'd normally wear for a brisk walk outside – with a couple of extras.

### ESSENTIAL ITEMS

- Heart Rate monitor (recommended brand such as Nike, Polar)
- Swimsuit, swim cap, goggles
- Bike Shorts
- 500 – 700ml Stainless steel bottle for smoothies
- Outdoor running shoes, high support
- 2-3 Non-workout casual outfits (pants and tops etc)
- 1 Base Layer top, polypropylene, wool or silk (eg icebreaker)
- 1 Second layer polypropylene fleece or light wool top
- 1 Seam sealed weather barrier jacket that is wind and waterproof
- 1 Pair of light gloves
- 1 Duffle bag with minimal straps for all of your day gear
- 3-5 Tank tops or t-shirts, performance material
- 1-3 Pairs of knee length athletic tights or tracksuit capris
- 4-5 Sports bras
- 5-10 Underwear (cotton)
- 1 Hooded Sweat Shirt
- 1 Full-length tracksuit pants
- 4-5 Pairs of high quality workout socks
- 1 Pair of flip-flops (public showers and poolside)
- 2 Long sleeved UV tops for hot days and to protect from bugs
- 1 Long, light workout pant for hot days to protect from bugs

### OPTIONAL EXTRAS

Aids to quit smoking, Sun and Lip block, Skin firming system (perhaps a sugar scrub), Nespresso pods if looking to borrow our machine, purchase at Nespresso.com, Favorite kitchen knife (pack in checked bags!) espresso cup, water infuser, pictures of family etc, Foam Roller, muscle relaxing cream, icepacks, orthotics, Hiking poles (we recommend to try without them first)

**Whistler  
Fitness  
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