



Sports and Training  
Professional Endurance Coaching

# Packing List Training Camp

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<b>General</b>	<ul style="list-style-type: none"> <li>Airline tickets, passport, identity card, driver's license (validity?)</li> <li>Travel documents from the organizer,</li> <li>Money, credit card, traveler's checks</li> <li>International health insurance,</li> <li>Sports bag or backpack (also for trips, swimming, etc.)</li> <li>Cell phone (charger)</li> <li>Camera (charger)</li> <li>Laptop (charger)</li> <li>Heart rate monitor (charger)</li> <li>Heart rate strap (check the batteries beforehand)</li> <li>Streetwear for everyday life and travel</li> <li>Rain gear</li> <li>Long clothes for cold days or evenings</li> <li>Backpack for transport of various utensils</li> <li>Clothespins</li> <li>Coat hanger</li> <li>Dirty clothes bag</li> </ul>
<b>Biking</b>	<ul style="list-style-type: none"> <li>Helmet</li> <li>Sports glasses</li> <li>Bike gloves (short + possibly with fingers)</li> <li>Cycling shoes</li> <li>Cycling socks</li> <li>x times short wheel combinations (jersey, pants)</li> <li>possibly bike overshoes</li> <li>Arm warmer</li> <li>Knee warmer</li> <li>Leg warmers or long cycling shorts</li> <li>Rain jacket</li> <li>Wind vest</li> <li>Headscarf and/or buff</li> <li>Cycling socks</li> <li>x times functional underwear,</li> <li>Cap / Buff</li> <li>Bike Lights</li> <li>Bike computer (charger) or speedometer</li> <li>Pedals / power meter (charger)</li> <li>Multitool</li> <li>Oil, Cleaning rag</li> <li>Spare tubes</li> <li>Tools (Alien, multitool, pedal wrench)</li> <li>Saddle bag</li> <li>2 large bike bottles (incl. bottle cage)</li> <li>Bike lock if necessary</li> <li>small air pump if necessary (often included with rental bikes)</li> </ul>
<b>Running</b>	<ul style="list-style-type: none"> <li>Running cap</li> <li>Running pants long</li> <li>Running shorts short (Trishort)</li> <li>Running shoes</li> </ul>
<b>own comments</b>	<p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>

<b>Swimming</b>	<ul style="list-style-type: none"> <li>Swimming goggles</li> <li>Swimming trunks / swimsuit</li> <li>Pullboy</li> <li>Short fins</li> <li>Paddles, finger paddles</li> <li>Bathing shoes</li> <li>swim cap</li> <li>Wetsuit if necessary</li> </ul>
<b>Athletics, gymnastics, wellness, regeneration:</b>	<ul style="list-style-type: none"> <li>Tracksuit</li> <li>Fitness clothing for stabilisation, Stretching, Fitness</li> <li>light shoes, towel</li> <li>Gymnastics mat,</li> <li>Blackroll,</li> <li>Body lotion and creams,</li> <li>Regeneration drinks and drink powders,</li> <li>Small first-aid kit.</li> <li>Stretching rope</li> </ul>
<b>Nutrition</b>	<ul style="list-style-type: none"> <li>Carbohydrates</li> <li>Protein powder for recovery</li> <li>Basica, or similar if needed</li> <li>Orthomol</li> <li>Energy bar</li> <li>Energy gel (1 per hour)</li> </ul>
<b>Travel pharmacy</b>	<ul style="list-style-type: none"> <li>Cream</li> <li>Lotion</li> <li>Sunscreen</li> <li>Lip Care</li> <li>Vaseline</li> <li>Required medication e.g., insulin (please inform the trainers)</li> <li>Tape</li> <li>Aspirin, Voltaren/Diclofenac or Ibuprofen</li> <li>Nasal spray, ear drops</li> <li>Hygiene articles</li> <li>Allergy pills</li> <li>bandages, tape</li> </ul>
<b>Daily requirement</b>	<ul style="list-style-type: none"> <li>Shower gel, shampoo, conditioner</li> <li>Deo</li> <li>Toothbrush &amp; Toothpaste</li> <li>Brush/Comb</li> <li>Hair ties/clips</li> <li>Shaver</li> <li>Shaving foam</li> <li>Nail case</li> <li>Glasses / Contact lenses</li> <li>Soap</li> <li>Blister plaster</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>Clothespins</li> <li>Coat hanger</li> <li>Clothesline</li> <li>Book swimming lanes before the start of camp</li> <li>Book massage appointments before travel</li> </ul>



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We will make you faster !

