Gym Bag Lottery

(gym bag packing list)

- ○ Gym kit (if you go wearing it don't forget a full change of clothes)
- ○ Incl sports socks/ sports bra
- ○ Trainers (ideally both left and right)
- ○ Membership Card
- ○ £1 coin for the locker
- ○ Hair bobble/ clips for gym
- ○ Headphones
- ○ Phone/ music player (fully charged)
- ○ Water bottle
- ○ little towel for gym use
- ○ Clean underwear - pants, socks, bra
- ○ Shower Towel
- ○ Swimming costume/ shorts
- ○ Shampoo/ Conditioner/ showergel
- ○ Moisturisers
- ○ Make up - unless you can make a dash for your car without being seen
- ○ Hairbrush
- ○ Hairgel

Extras

- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....