

Breakfree Retreats

Your health and weight loss solution

What to bring list - Cheshire

- Outdoor towel
 - Toiletries, soap and shower gel
 - Plasters, blister plasters
 - Hairdryer
 - Hair bands
 - Alarm clock
 - Make up
 - Travel wash
 - Sunglasses :)
 - Plenty of Underwear
 - Plenty of Socks
 - 2 - 3 Good Support sport bras (Ladies Only!)
 - Camera
 - Phone charger
 - Trainers
 - Walking shoes
 - Waterproof Jacket
 - Rucksack or bag to put your belonging in for Hikes.
 - Warm hat gloves or cap in case of snow/rain when out walking
 - Plenty Work out gear
 - Shorts
 - Vests
 - Long sleeved tops
 - Any medication you are taking
 - Day wear (mainly work out gear)
 - Comfy warm clothes for lounging around in the evenings (you need nothing at all dressy)
 - Nightwear
 - Flip flops/comfy shoes
 - No need to dress to impress, comfy casual clothes is all you need.
 - Directions
 - Our phone number
 - Confirmation letter
 - Holiday insurance. Please note this is compulsory.
- Please do not bring anything of value, as we can not be responsible.*
- We recommend you leave your jewellery at home.*