



Camp de développement de l'excellence

MATÉRIEL NÉCESSAIRE

- Bathing suits
 - Colourful for first day, first station
 - Black or dark solid colour
- Bathing cap
 - Colourful
- Yoga mat, blocks and roller
- Tubing for activation and flex
- Skipping rope?
- Parka or warm clothes for lunch and breaks
- Snacks
- Running shoes
- Shorts
- Tshirt
- Extra masks