

FIT FARM



• CHALLENGE YOUR LIMITS. •

WHAT TO BRING

HERE IS A LIST OF BOTH IMPORTANT AND OPTIONAL ITEMS.
IMAGINE A WORLD WHERE YOU CHANGE THREE TIMES A DAY. THAT'S FIT FARM. SWEAT IS YOUR FRIEND.

REQUIRED ITEMS

- SHAMPOO - YOU'RE GOING TO BE HERE A WHILE 😊
- FITBIT HR*
- ELECTROLYTES/AMINO ACIDS*
- WATER BOTTLE
- TWO PAIRS OF GYM/RUNNING SHOES
- ANTI INFLAMMATORIES (IBUPROFEN, ADVIL, ETC.)*
- BRACES OR WRAPS FOR PRE-EXISTING INJURIES

IMPORTANT ITEMS

- HEAD/SWEAT BANDS
- WRITING/FITNESS JOURNAL
- INSECT REPELLENT/SUNSCREEN*
- RUNNING OR AEROBIC SOCKS (MANY PAIRS)
- SHORTS/T-SHIRTS OR SPORT AEROBIC ATTIRE
- GYM BAG FOR TRANSPORTING ITEMS ON CAMPUS
- FLASHLIGHT FOR NIGHT WALKING
- PERSONAL TOILETRIES*
- SWIMSUIT/GOOGLES
- VASELINE (TO STOP BLISTERS)
- SUNGLASSES/HAT
- SPORTS CREME (TIGER BALM, ETC.)*
- ANY IMPORTANT MEDICATIONS/PROBIOTICS

SUGGESTED ITEMS

- MP3 PLAYER OR IPOD
- READING MATERIAL
- RAIN GEAR/OUTERWEAR
- FLIP FLOPS
- SWEATSHIRTS OR LAYERED CLOTHING
- APPROPRIATE DIABETIC SUPPLEMENTS
- LAUNDRY SOAP/FABRIC SOFTENER*
- SPIN SHOES COMPATIBLE WITH SPD® SYSTEM

* AVAILABLE FOR PURCHASE AT THE GENERAL STORE

SUGGESTIONS ON WEAR AND GEAR

WHILE WORKING OUT YOUR CLOTHING SHOULD BE VERY COMFORTABLE AND OUR GENERAL CAMPUS IS QUITE INFORMAL SO PLEASE FEEL FREE TO DRESS CASUAL DURING OTHER TIMES AS WELL. ABOVE ALL THOUGH, YOU WILL NEED GOOD, SUPPORTIVE AEROBIC AND WALKING/RUNNING SHOES. ALSO, PLEASE REFRAIN FROM BRINGING JEWELRY OR OTHER HIGH-END VALUABLES. WE DO NOT ASSUME LIABILITY FOR LOST OR STOLEN PROPERTY, BUT WE DO PROVIDE A SAFE FOR EACH GUEST. ADDITIONALLY, A WARM JACKET AND OUTERWEAR IS ADVISED DURING OUR COOLER MONTHS: OCTOBER, NOVEMBER, DECEMBER, AND JANUARY. IF YOU HAVE ANY QUESTIONS ABOUT WHAT YOU SHOULD BRING OR JUST WANT TO MAKE US AWARE OF YOUR PARTICULAR SITUATION OR NEEDS PRIOR TO YOUR VISIT, PLEASE REACH OUT TO US AT: (888)-961-5681.

WWW.FIT.FARM