



What should we carry to our healthy vacation?

Now that you've made a reservation for the LuckyFit program, here's what you'll need:

- identification document
- medicines prescribed by your doctor
- hiking boots suitable for walking in forest / mountain terrain:
 - » 1 size larger than your size (recommended)
 - » tested, not brand new, to make sure they are comfortable for you
 - » with waterproof coating
- socks - suitable for hiking and trekking
- sneakers or comfortable shoes for the time when you are not in the mountains
- long pants for the treks
- sports blouses with long sleeves
- T-shirts made of breathable and hygroscopic fabric
- warm fleece or wool outerwear
- jacket according to the season
- sun hat
- raincoat with hood
- swimsuit
- gloves - for cold weather in early spring and late autumn
- sunglasses
- ordinary socks, underwear, toiletries
- flip flops
- sunscreen
- folding umbrella
- good mood!

IMPORTANT!

A raincoat, a warm outer garment, a waterproof jacket and a hat are a must, especially for the cold months of the year.

Don't forget - you are about to lose weight with active physical activity, for which you need mostly sports clothes and accessories.

We will provide you with two tennis shirts, a baseball cap, a bathrobe, towels and water bottles.

Write to us and ask for your special offer if you have already used our healthy vacation.