



What's in your kit bag?

Pack a snack and a drink. Extra snacks can help you perform better – and feel better too.

Pack a snack

Fresh fruit



Nuts and seeds



Oat cakes



Cereal bar



Pack a drink



Water



Milk

What you don't need



Energy drinks are not suitable for you and have no nutritional benefit. Some energy drinks can contain up to 14 teaspoons of sugar or the same amount of caffeine as in 3 cups of espresso.



with

