

# Packing List

## Essential Items



- **Heart Rate monitor** Try MEC.ca. Apple watch is not necessary - FitBit works equally well. If you have the Apple watch, ensure it's set up correctly prior to your first day to enable instant reading of the heart rate while moving.
- **High quality blender**, such as Vitamix or Blendtec. We have backup ones if required, but they're not high quality. You'll be having smoothies 2x day so it's a good idea to invest in one that costs a few hundred dollars. If flying, purchase on amazon in advance and ship to lodging.
- **High quality bathroom scale with replacement batteries every month.** We have lender ones that you can use but they have been used with many boot campers and are not guaranteed accurate. Additionally, the reading will be different and possibly discouraging when you return home to your scale. If flying, purchase on amazon in advance and ship to lodging.
- **Yoga mat and blocks**
- At least one 700ml **Stainless steel bottle for smoothies**, that keeps cool for several hours.
- **Rain gear**; heavy duty jacket and rain pants for torrential downpours. We're out there!
- **Day pack for hiking** with padded hip and chest straps, usually 11-16 liters to carry necessary gear; jacket, water, extra layer etc.
- **Duffle bag** for transporting gear to locations, in addition to pack.

There's a laundry in your room. Bring enough clothes for two changes of workout gear per day (you'll be sweaty) to be outside, all day rain, snow or shine. If driving, bring laundry detergent or pick up kit along the way (bounce, bleach etc). A good tip for longer stays to bring smaller workout clothes if you have them (in addition to the ones that fit you at the time of packing). This will avoid tripping up on loose pants etc while running. Good problem to have! Bring some urban wear for a break from sports clothing.. it's a nice break sometimes. Hiking poles are essential to anyone who has knee or joint concerns that need extra support on long walks. You can easily order online if you're missing something.

# Essential Items

- **Tops:** 3-5 Tank tops or t-shirts, performance material, 2 Long sleeved UV tops (summer) to protect from bugs, 3 Hooded Sweat Shirt, 1 Base Layer form-fitting top, polypropylene, wool or silk, 1 Second layer polypropylene fleece or light wool top, 1 Seam sealed weather barrier jacket that is wind and waterproof, plus rain gear (jacket and pants).
- **Bottoms:** 1-3 Pairs of knee length athletic tights or tracksuit capris, 2-3 Full-length tracksuit pants, 1-2 Long, light workout pant for hot days to protect from bugs.
- **Under garments:** 4-5 Sports bras or more, 5-10 Underwear (cotton), 1 Swimsuits for hot tub, 2 Pair of light gloves; they'll get wet so prepare to use 2 in a day, 7-10 Pairs of high quality workout socks.
- **PRE-APPROVED Shoes:** 1 pair of HIGH QUALITY indoor training shoes that have less than 100km usage, 1 pair of HIGH QUALITY outdoor training shoes (trail running) less than 100km usage. Please email Cat prior to your trip with the brand name and model of both shoes, plus how much use they have had. If you'd like help by Cat, please short-list your top 3 options recommended to you by the salesperson in sports store. Socks are also extremely important to avoid blisters and full protection in the outdoors.
- **Skin care:** enough exfoliating scrubs to last daily use (usually 2 pots per month) and high quality body lotion to apply daily. This is crucial step in reducing excess skin during your extreme weight loss, and optimizing visible results.

**Optional extras:** Orthotics, Hiking poles, Sun and Lip block, coffee equipment, French press etc, on-the-go hot drink cup to avoid paper cups, Water infuser or purifier (Brita) Foam roller, Muscle relaxing cream, Icepacks, Aids to quit smoking, Favorite kitchen knife (pack in checked bags!), Pictures of family, personal blankets or things to feel at home.

# Getting here

## 1175 Resort Drive, Parksville, BC, V9P 2E3

### SUMMARY

If driving, follow the directions to Vancouver, B.C., then catch B.C. Ferries ferry to Nanaimo with your vehicle. If flying, arrive directly into Nanaimo, Comox or Qualicum. There's no need to connect in Vancouver, as Vancouver Island has many international airports. Comox Airport (YQQ) is usually the best airport choice with daily US and international flights, many non-stop. Once on the island, connect by pre-arranged car. Oceanside Taxi, Nanaimo Airport & Island Chauffeur offer reliable driving service.

**BC Ferries Car:** from Vancouver (Tsawwassen) to Nanaimo (Duke Point): 2 hours. Sailing time:- From West Vancouver (Horseshoe Bay) to Nanaimo (Departure Bay): 1 hour 35 minutes.

**Schedule information:** [www.bcferrys.com](http://www.bcferrys.com) or call 1-888-BCFERRY.

Reservations may be made in advance for a nominal fee. We recommend reservations for peak summer periods as well as weekend or holiday travel year round to avoid waiting. The drive from Departure Bay is approximately 30 minutes and from Duke Point approximately 40 minutes.

**From Victoria:** drive north on Highway 1 to Nanaimo, just south of Nanaimo, take the exit for Highway 19 and the North Island. Bus connections are available from downtown.

**From Vancouver and the Fraser Valley:** take the Lion's Gate or 2nd Narrows Bridge across Burrard Inlet, then follow the signs to Horseshoe Bay and take the BC Ferry to Nanaimo. Exit the ferry and keep to the 2 right lanes, then take Highway 19 North towards Parksville.

**By Air:** Travellers can land at the Qualicum Beach Airport with KD Air and Orca Airways from YVR's South Terminal. Connecting flights from Vancouver International also fly into Nanaimo Airport and Comox Valley Airport. Harbour Air Seaplanes offers flights from downtown Vancouver to downtown Nanaimo, among other routes.

**From the Comox Valley:** either the scenic coastal Oceanside Route 19A south from Courtenay, or the four-lane Inland Island Highway 19 south. Either way, Parksville & Qualicum Beach are less than an hour away.

# Sunrise Ridge

## Your Reservation

Cat Smiley  
BOOT CAMP<sup>co.</sup>

Sunrise Ridge Waterfront Resort is our main lodging partner and where we first place boot campers as they sign up. In the event that units sell out or become unavailable, we then lodge guests in similar properties near by. The Sunrise Ridge Resort is a a year-round Vancouver Island destination located on 10.2 acres in the tourist area of Parksville. Images and video is available on our site for more information or visit [sunriseridge.ca](http://sunriseridge.ca) .

**Please direct all communication to [hello@catsmiley.com](mailto:hello@catsmiley.com) (do not contact them directly) as we are your point of contact for lodging**, and will coordinate everything you need in a timely manner directly with Sunrise on your behalf. This includes special requests, specific questions (about anything!), and any detail you want or need about your room.

### One Bedroom Suite

Full kitchens, living areas, private bedroom, BBQ, and more. Features 1 queen bed, living room with sofa bed, washer dryer in the room. Check-in 4pm, Check-out 10am. The condos are different for each boot camper as each unit is owned by a different person who designs and maintains their unit. For this reason, some units have more cooking supplies than others, different chairs, bedding colors etc. Cat Smiley Boot Camp staff has no control over what unit you are assigned, and we have not seen your lodging before you arrive. We also don't have a key to your room before you get here, or during. All units are NON-SMOKING.

### Amenities

Coffee Maker (but usually not a very good one). Bring a french press or nespresso machine if you're a coffee lover. There's espresso next door at the Tigh-Na-Mara but it's good to have a system in your room for the mornings.

Full Bathroom  
Full Kitchen  
Living Room  
Dining Room  
Flat Screen TV  
Soaps & Lotions  
Gas or Electric Fireplace DVD Player  
Wi-Fi

**Payments:** A **credit card will be required upon check in.** Cat Smiley Boot Camp covers the cost of your room only. Incidentals and all extra charges are at your expense - see terms for full information.

# Sunrise Ridge

## Monthly lodging info

Front desk is a wonderful value-add to your time here at boot camp, their friendly team is your first point of contact when you arrive. They will check you in, answer the phone, receive mail and manage maintenance requests.

That being said, to ensure your expectations are managed, it's a good idea to have the mindset that you're living in the residences as a long term tenant, not a nightly hotel guest. The Sunrise offers both nightly, monthly and seasonal stays, and often the nightly stays require a lot of support, admin, and information from the staff.

In consideration of this, please be as independent as you would in any long term residential booking. Front desk is best used as a nice add-on for when you need it, used sparingly if possible. *Example, if you order a package, track when it has arrived and go to the front desk to pick it up instead of asking them to drop it off in your room. Although sometimes if they can they might be able to offer this service, it should not be the expectation.*

### ***From the Guest Services Manager to Boot Camp guests***

" Weekly housekeeping is provided. For long term stays, we do a full clean once per week which includes changing the linens. There is also a washer and dryer in the room.

Room is stocked with amenities upon arrival (toilet paper, paper towels, shampoo, conditioner, soap, coffee, tea) but once they've run out they are expected to provide their own. We do have those items available at the front desk but they would be subject to a fee. Personal items including cleaning products for your day-to-day are not included with your program so perhaps pick some up on your drive to Parksville, or once you get here.

Hot tub is open year-round with restrictions of two people in at a time (unless from the same family). Pool is open May through October.

The Developer tries to keep us updated and the information is shared with guests on our website here: <https://www.sunriseridge.ca/construction-update/> "

# Inclusions

## Included

Cat Smiley  
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**All taxes (there are no Resort Fees).**

**Lodging in private one bedroom suite at Sunrise Ridge Resort or similar property.**

**Team grocery shop each week with ingredients following our boot camp food plan.**

**Daily weight loss fitness boot camp schedule from average of 5 hrs daily, 5 days week.**

This includes a combination of guided and independent activity - you are trained and managed like a professional athlete, even though you might be a complete beginner. This is usually a very new experience for most boot campers so please come with an open mind ready to follow our unique system and learn 'how we roll'. Every training exercise is not necessarily suited to every boot camper, so be ready to sideline some exercises without being given an alternative, or to go for a short walk if part of the workout will be not recommended - your coach will advise you on each part of each workout session, but it's important that you don't come into boot camp thinking you'll be doing 5 hours of exercise each day, as this is not the case. Your workout schedule is carefully developed for your individual safety.

It includes nature walks, boot camp on the beach, or restorative workouts, small group personal training and coaching, guided nutrition and much more.

Workouts are 3 hours of this time on average as a minimum and timings are noon to around 5 with 30 minute break around 2pm. Parts of this time are unaccompanied when safe to do so, such as when you walk to the training location with your team mates down at the beach, or at the cliff top for boxing sessions, or to the tennis courts.

Independent cardio sessions are scheduled on the Rath Trevor Beach Trail, Parksville Community Boardwalk, Qualicum Boardwalk and in the Health Club onsite treadmill. For these sessions you can wear ear buds and listen to music (good idea to carry headphones in your bag). Group training sessions require you to complete exercises such as laps around the field, without a trainer directly beside you.

**Transportation during scheduled program hours to various workout locations, unless social distancing is needed. Transportation is by team shuttle, and taxi if overflow participants.**

# Inclusions

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**BOOT CAMP**<sup>co.</sup>

## Excluded

**Additional housekeeping** that is not provided by the lodging partner.

**Additional cleaning products**, toilet paper, crockery, cooking supplies, kitchen supplies, food storage, kitchen cleaning supplies beyond what is provided by the lodging partner.

**Laundry supplies** beyond what is provided by the lodging partner.

**Additional food and beverage ingredients that are not in the shopping list** (such as bottled water, coffee, tea, alternative items, Perrier etc) that have been approved by Cat for your personal consumption by special request.

**Additional food for days at the hotel before and after your program.**

**Getting to Parksville** - shuttles and transfers to and from the program.

**Dog food and supplies** for traveling with dog.

**Coffees or teas** for workshops around town.

**Massages, physiotherapy, spa services, medical care**

**Medical supplies**, including bandages, bandaids, muscle soreness cream. We carry emergency kits to all scheduled activity - it is recommended that you also carry a personal kit in your backpack with anything specific to your requirements.

**Dinner on Sunday evening of your arrival** as the first ingredient shop is on Monday. You'll be provided breakfast ingredients at your Sunday meeting for following day.

**Breakfast on Saturday of your departure** if you have borrowed a blender as you'll be returning items (bathroom scale, blender) directly to Cat Smiley Boot Camp staff - not front desk - on the Friday of your last day. There is no weigh in on Saturday departure day available for this reason, if you borrow a scale.