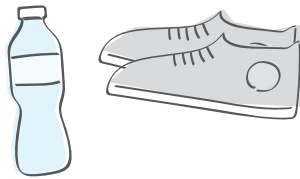


Please ensure that all items are named.

### FOR EXCURSIONS AND EVENINGS

- Long and short sleeved T-shirts / tops
- Long trousers / skirts / dresses / shorts
- Fleece / sweatshirts
- Waterproof jacket
- 1 pair of trainers / shoes suitable for walking
- Drinks bottle
- Small rucksack / bag
- Pen and pencil



### TRAVELLING IN THE...

#### ...SUMMER



- Baseball cap / sun hat
- Sun cream (high factor)



#### ...WINTER



- Hat and gloves
- Warm coat

### FOR ACTIVITIES

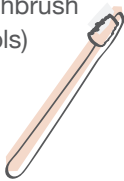
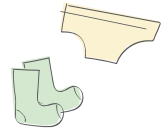
Clothes are likely to suffer wear and tear and also get dirty and / or wet, therefore you should bring **old clothes** for activities.

- Long sleeved T-shirts
- Leggings / jogging bottoms (no jeans)
- Fleece / sweatshirts
- 1 pair old trainers that may get wet / muddy
- Waterproof jacket and trousers if you have them
- Old towel
- Swimming costume / trunks if you're planning to swim



### YOU WILL ALSO NEED

- A passport** unless the Party Leader is organising a collective passport
- European Health Insurance Card (EHIC)**  
This is available free of charge. Apply online or pick up a form from the post office
- Food and a drink** for your journey
- Pocket money**
- Any personal medication**
- Towel** for showering
- Underwear & socks**
- Suitable **nightwear**
- Labelled **bin bag** for wet and dirty clothing
- Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring aerosols)
- Torch**
- Watch / alarm clock**
- Insect repellent and bite cream**



### PLEASE DO NOT BRING

You do not have to bring bedding as all bedding is provided at your accommodation.

- ✗ Electrical devices
- ✗ Computer games
- ✗ Jewellery / valuables
- ✗ Aerosols

If you bring your **mobile phone**, please note, it is not covered by our insurance



### LOST PROPERTY

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your Party Leader who will contact PGL. Postage will be charged for returning lost items.