

Please ensure that all items are named.

FOR EXCURSIONS AND EVENINGS

- Long and short sleeved T-shirts / tops
- Long trousers / skirts / dresses / shorts
- Fleeces / sweatshirts
- Waterproof jacket
- 1 pair of trainers / shoes suitable for walking
- Reusable 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

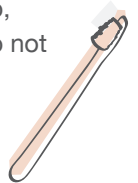
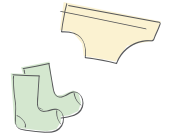
Clothes are likely to suffer wear and tear and also get dirty and / or wet, therefore you should bring **old clothes** for activities.

- Long sleeved T-shirts
- Leggings / jogging bottoms (no jeans)
- Fleeces / 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

- 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.

- Aerosols
- Food items that contain nuts
- Jewellery/valuables

If you bring mobile phones or electronic devices, please ensure you have adequate insurance cover.

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.