

Please ensure that all items are named

FOR ACTIVITIES WE ADVISE THAT ALL GUESTS BRING

- Factor 50 sun cream** (paraben free)
- One 3L or two 1.5L reusable drinks bottles** - for the Ardèche descent
- Sun hat / baseball hat / cap**
- Sunglasses**
- Small **rucksack / bag** - to carry items



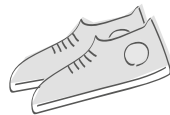
For environmental reasons disposable water bottles are not available to purchase on centre. Reusable drinks bottles can be purchased in the shop.

Clothes are likely to suffer wear and tear and also get dirty and wet. Please bring old clothes for activities. During activities you should wear long shorts and tops which protect you from the sun.

FOR WATER-BASED ACTIVITIES

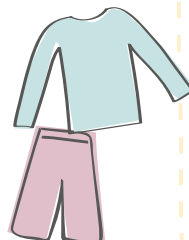
- Rash vest** preferably long sleeved or a **t-shirt** which covers the shoulders, required for watersports and swimming
- Swimming costume / trunks**
- Knee length shorts / board shorts / leggings** no hot pants or denim
- Old towel**
- Glasses retainer strap** (if required)
- Water shoes or a pair of old trainers** required for protection, these will get wet
- Drawstring bag** may get wet

Jelly shoes, crocs, wetsuit boots or anything with open toes e.g. sandals are not suitable for watersports or activities



FOR LAND-BASED ACTIVITIES

- Long sleeved t-shirts**
- Knee length shorts / leggings**
- Closed-toe shoes / trainers**



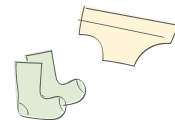
YOU WILL ALSO NEED

- A passport** unless the Party Leader is organising a collective passport
- UK Global Health Insurance Card (GHIC)** This is available free of charge. Apply online at www.gov.uk
- Food and drink** for your journey
- Pocket money** PGL shop is cash only, some ferries are card only
- Any personal medication**



OTHER ESSENTIALS

- Sleeping bag, pillow and bed sheet**
- Towel for showering**
- Labelled bin bag for wet and dirty clothing**
- Wash bag including soap and shampoo**
- Torch**
- Insect repellent & bite cream**
- 1 or 2 sets of clothes for evenings and excursions**
- Underwear and socks**
- Suitable nightwear**
- Waterproof jacket**
- Fleeces / sweatshirts**



PLEASE DO NOT BRING

- ✗ 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.