

## Our top 18 essentials to pack for a PGL Overseas Adventure



You'll have more fun if you're well prepared!



### 1.

#### PASSPORT

You won't be going anywhere without this! You'll also need an EHIC (European Health Insurance Card) too.

### 2.

#### SLEEPING BAG

Don't forget you'll also need a pillow.

### 3.

#### TOWELS

One for the shower and one for drying off after water activities.

### 4.

#### NIGHTWEAR & UNDIES

Bring enough for the whole trip!

### 5.

#### OLD SHORTS & T-SHIRTS FOR ACTIVITIES

Knee length shorts (no hot pants or denim please!) plus long and short sleeved t-shirts.



### 6.

#### A PAIR OF TRAINERS, CANVAS OR PLASTIC SHOES

Old ones are fine as they will get very wet. No Crocs or open toed shoes.

### 7.

#### EVENING CLOTHES

You might get wet doing activities so you'll need one or two sets of clothes for the evenings.

### 8.

#### SHOES

You'll need a pair of dry shoes for wearing in the evenings or on excursions.



### 9.

#### SUNSCREEN

You'll need one with an SPF of at least 30.

### 10.

#### SWIMMING KIT

You'll need a costume or trunks to wear at the beach and waterpark.

### 11.

#### RASH VEST

This is great for added sun protection and helps keep you comfortable when you are wearing a wetsuit.

### 12.

#### HAT

You'll need a sun hat to help you keep a cool head when you're doing activities.

### 13.

#### REFILLABLE WATER BOTTLE

It's really important to be well hydrated especially when the weather is hot.

### 14.

#### FLEECES/ SWEATSHIRTS

It's not cool to be cold! Bring layers – even in Spain or the South of France the evenings can be chilly.

### 15.

#### WATERPROOF JACKET/COAT

Yes, it does rain occasionally even in the South of France and Spain!



### 16.

#### PLASTIC BAGS FOR WET CLOTHES

Wet clothes won't smell too fresh after a couple of days so make sure you can keep them separate from your dry stuff.

### 17.

#### TORCH

Shhh...if you need something in the middle of the night you need to be able to see what you're doing without waking everyone up!

### 18.

#### TOOTHBRUSH (AND TOILETRIES)

Soap, shower gel, shampoo, toothpaste etc. Don't forget some insect repellent and bite cream too.