



PGL Packing Guide



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.

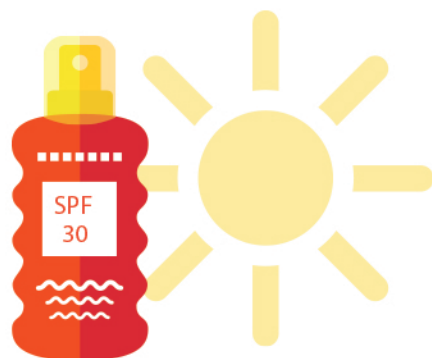
EVENING CLOTHES

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.

FLEECE/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.