



PGL Packing Guide

Our top 20 essentials to pack for a PGL trip

You'll have more fun if well prepared!



1.

NIGHTWEAR & UNDIES

Don't forget that for some activities you'll need socks that cover your ankles. Yes, really!

2.

TOWELS

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

3.

TROUSERS/LEGGINGS FOR ACTIVITIES

At least 3 pairs but NOT jeans - if you get wet they are really uncomfortable and they take forever to dry.

4.

SHORTS

At least 2 pairs, although you might not need these in the winter!

5.

TRAINERS FOR ACTIVITIES

They don't need to be anything special as they could get muddy.



6.

SHOES FOR WATERSPORTS

They'll probably get wet, so old trainers or similar are best.

7.

SHOES FOR INDOORS & EVENINGS

The shoes you wear for activities may get muddy so bring another pair for the evenings/indoors if you can.

8.

FLEECES/ SWEATSHIRTS

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



9.

LONG SLEEVED T-SHIRTS/TOPS

They don't need to be anything special as they could get muddy.

10.

T-SHIRTS/TOPS

Old ones are fine.

11.

WATERPROOF JACKET/COAT

Yes, you will still be doing activities even if it rains!

12.

EVENING CLOTHES

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

13.

A HAT

Keep the sun off or the heat in! Depending on the time of year, you'll need either a sunhat or a warm hat for the winter.

14.

SWIMMING KIT

You'll also need a rash vest if you are going to Spain or the South of France.

15.

SLEEPING BAG/ DUVET & PILLOW

Check that this hasn't been included as part of your booking.



16.

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!

17.

PLASTIC BAGS FOR WET CLOTHES

Lake water doesn't smell good after a couple of days so make sure you can keep your wet stuff separate!

18.

SMALL BAG/DAYSACK

You'll need to take dry clothes to change into after some activities.



19.

REFILLABLE WATER BOTTLE

Be well hydrated! PGL centres have plenty of places where you can refill a water bottle.

20.

TOOTHBRUSH (& TOILETRIES)

Soap, shower gel, toothpaste etc. Don't forget sunscreen is essential in summer.