




# What to bring

## Southern France and Spain


Please ensure that all items are named.

### FOR ACTIVITIES WE ADVISE THAT ALL GUESTS BRING

- High factor sun cream** (min. SPF 30) 
- Reusable **drinks bottle** - For the Ardèche descent, you'll need two, 1.5L bottles. These can be purchased on centre 
- Sun hat / baseball hat / cap** 
- Sunglasses**
- Small **rucksack / bag** - to carry items

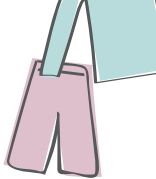
Clothes are likely to suffer wear and tear and also get dirty and wet. Please bring old clothes for activities – not jeans. During activities you should wear long shorts and tops which protect you from the sun. Footwear must be worn during all activities including on the beach.

### FOR WATER-BASED ACTIVITIES

- Rash vest** if you have one, and 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)
- A pair of old trainers** required for protection, these will get wet. Water shoes may be worn at La Fosca and Mimosa, but these must have a strong sole 
- Drawstring bag** for groups canoeing from Domaine de Segries – 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** no hot pants or denim 
- Closed-toe shoes / trainers** suitable for walking

### YOU WILL ALSO NEED


- A passport** unless the Party Leader is organising a collective passport 
- European Health Insurance Card (EHIC)** This is available free of charge. Apply online or pick up a form from the post office
- Food and drink** for your journey
- Pocket money** 
- 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
- Fleeeces / sweatshirts

### PLEASE DO NOT BRING

- Electrical devices**
- Computer games**
- Jewellery / valuables**
- Aerosols**

If you bring your **mobile phone**, please note, it is not covered by our insurance 

### 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.