## Packing guide

## Our top 20 essentials to pack for a PGL camp



**NIGHTWEAR & UNDIES** 

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

SHORTS

At least 2 pairs that come to the knee, which is essential when wearing a harness - although you might not need these in the winter

**RUNNERS FOR WATERSPORTS** 

They'll probably get wet, so old ones



WATERPROOF JACKET/WARM COAT

It's usually a few degrees cooler at camp than it is in the city and yes, you will still be doing activities even if it rains.

BATHERS FOR WATERSPORTS ACTIVITIES

Don't forget these if you're going to be taking part in watersports!

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!

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

**RUNNERS FOR ACTIVITIES** 

They don't need to be anything

SHOES FOR INDOORS & EVENINGS

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

LONG SLEEVED T-SHIRTS/TOPS

Some activities require arms to be covered.

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

SLEEPING BAG/DOONA, FITTED SHEET & PILLOW

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

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!

REFILLABLE WATER BOTTLE

Be well hydrated! PGL camps have plenty of places where you can

PANTS / LEGGINGS FOR ACTIVITIES

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



FLEECES/ SWEATSHIRTS

It's not cool to be cold! Bring layers - even in the summer the evenings can be chilly.

T-SHIRTS/TOPS

Old ones are fine.

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



SMALL BAG / DAY PACK

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



refill á water bottle.

TOOTHBRUSH, TOILETRIES & THONGS FOR SHOWERING

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

