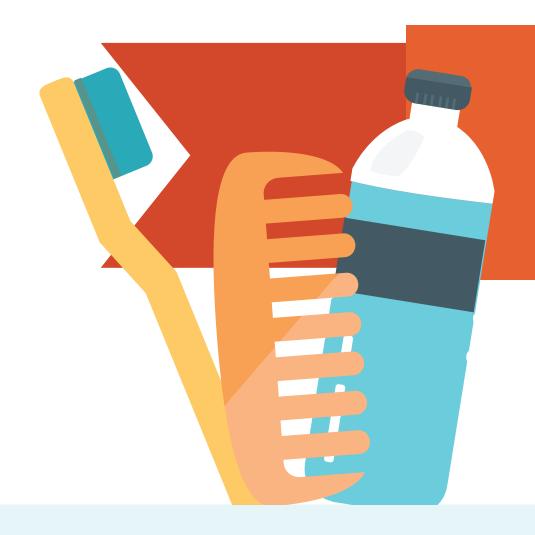


PGL Packing Guide



# Our top 20 essentials to pack for a PGL camp

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.

# 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.

4.

### **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 5

## RUNNERS FOR ACTIVITIES

They don't need to be anything special.



6.

### RUNNERS FOR WATERSPORTS

They'll probably get wet, so old ones are best.

# 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 the summer the evenings can be chilly.



9

#### LONG SLEEVED T-SHIRTS/TOPS

Some activities require arms to be covered.

10.

### T-SHIRTS/TOPS

Old ones are fine.

11.

#### 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. 12

### **EVENING CLOTHES**

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

13

### A HAT

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.

14.

# BATHERS FOR WATERSPORTS ACTIVITIES

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

15.

#### SLEEPING BAG, FITTED SHEET & 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 / DAY PACK

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



19.

# REFILLABLE

WATER BOTTLE

Be well hydrated! PGL camps have plenty of

places where you can refill

a water bottle.

20.

#### TOOTHBRUSH, TOILETRIES AND THONGS FOR SHOWERING

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