

# ARDECHE KIT LIST FROM PGL

## OVERSEAS ADVENTURE

Please note that all party members including staff will need a **SLEEPING BAG** for use at all centres/campsites. We suggest that these be kept with you on the coach, not with your luggage for added comfort. There is no need to bring lots of new and expensive gear – old clothes are often more suitable than new. One old pair of plimsolls or plastic shoes (“jellies”) will be useful for watersports – walking shoes would be sensible.

**We advise everyone to mark ALL belongings, especially their bag/suitcase, with their name and the name of the school/group with which they are travelling.** In the event of things being left behind, we then have a chance of returning them to their owner!

### Essential Items

Sleeping Bag

Passport / EHIC Card (Free of charge, order online or pick up leaflet at the post office)

Food/Drink for the journey

Spending Money 80 – 100 Euros maximum

**Below is a suggested list of items we recommend as a guide of what to pack on our activity courses in France:**

- Pillow if required (or pillowcase which can be stuffed with jumpers etc when not in use)
- Suitable nightwear
- Casual, comfortable clothing for journey and evening wear
- Warm jacket/waterproof
- Sweatshirts/Fleeces
- Track suit
- Trousers
- Shorts – no hot pants or denim
- Shirts/T-Shirts
- Socks and underwear
- Goggles or waterproof/windproof top
- Shoes: Old Trainers - games/water sports (these may get wet/muddy)/shoes suitable for walking
- Swimming Costume / trunks
- Toiletries/washbag
- Towels: Bath and Beach
- Sun Lotion (min 30 SPF)/Sun Block, protective lip salve and insect repellent/bite cream
- Sun Hat / Baseball hat
- Torch (advisable)
- Camera (optional)
- Drinks bottle
- Small rucksack/easy to carry shoulder bag, for packed lunch/extra jumper etc if out on full day excursion.

**WE CANNOT STRESS STRONGLY ENOUGH HOW IMPORTANT IT IS NOT TO TAKE VALUABLE ITEMS SUCH AS VERY EXPENSIVE CLOTHES, CAMERAS OR JEWELLERY WITH YOU.**