

ARDECHE KIT LIST FROM PGL

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 for added comfort and not with your luggage. Please do not bring expensive new clothes – old clothes are often more suitable than new. One old pair of plimsolls or plastic shoes (“jellies”) will also be useful for water sports and 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 from PGL:

- 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.