



**PROJECTO NOVAS DESCOBERTAS**  
associação educativa e recreativa sem fins lucrativos

## WHAT TO BRING TO PND'S Residential SUMMER CAMPS

### For sleeping

Sleeping bag.

Sleeping mat or thermarest (this will be for the solo)

Small pillow – this is optional, but if you have space bring it along

Torch –rechargeable if possible and if you have a head torch this is ideal, make sure batteries are charged.

### Clothes and shoes

Clothes for hot weather (e.g. t-shirts, shorts, underwear, socks).

2 pairs of long trousers (at least one pair comfortable for walking, i.e. not jeans)

2 long sleeved tops (e.g. sweatshirt) it will be cooler at night.

Swimming clothes (e.g. board shorts, bikini, swimsuit)

Towel (for the beach and for bath)

2 pairs of trainers – make sure they have a good grip as you'll use these for running and climbing. One pair will get wet so you will need to have a spare and bring socks to avoid blisters.

Sandals or flip-flops – to wear around the camp

### Other essentials

**OWN CAMPING TEND (Size of one or two people, it's just for you)**

**SUN CREAM PROTECTOR (+ 50 UV)**

**COMFORTABLE HAT**

**Insect repellent** (roll on is better – natural if possible)

**Water canteen or bottle** –1 liter with your name on it (re-usable)

Wash bag – just bring the essentials (e.g. toothbrush/paste, soap, deodorant) natural, chemical-free, products if possible.

Personal medication – you will know if you need this.

Copy of medical insurance and/or national medical card

Small back pack – for day trips, walking and climbing

KIT "Safe Child" (mandatory) (contained in a cloth bag with your name)

**Recyclable facial masks** (at least 15);

**Reusable facial masks** (at least two, marked with the name);

**Personal bottle of 70% alcohol** solution or gel alcohol (indicated with the name)

15 pairs of **disposable rubber gloves**;

**Tissue paper** for single use (at least 3 packages).

**ATTENTION** - as advised in the PND internal regulations and indicated in PND COVID 19 contingency plan, it will **not be possible to bring personal objects** (such as mobile phones, bracelets, valuables, consoles, instruments, balls, sound column ...) as not only can they be lost or spoiled, but it increases the risk of contagion.

*Thank you and have fun packing!*

*Team - Projecto Novas Descobertas*