

WHAT TO BRING TO PND'S Residential SUMMER CAMP

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

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 backpack – for day trips, walking and climbing

- **White cotton clothing** (to do a tie dye activity) to take home afterwards 😊

ATTENTION - It is completely inadvisable to bring personal belongings (such as mobile phones, bracelets, valuable wires, ipads, consoles, instruments, balls, speakers...) as not only can they get lost or damaged but also the risk of contagion increases. PND is not responsible for their loss or damage.

Thank you and have fun packing!

Team - Projecto Novas Descobertas