

PGL Kit List

Please ensure that all items are clearly labelled and that your child has a list of what is in their bag to help with packing at the end of the week.

Essential

- Sleeping bag and pillow (bedding is not provided)
- 2 Towels—one for washing, the other for water based activities
- Wash kit (roll on deodorant only please. No aerosols)
- Hair bobbles to tie long hair back for activities
- Sturdy footwear— at least 1 pair of trainers with laces or walking boots suitable for outdoor activities (no wellies)
- A second pair of outdoor shoes in case the first pair get wet
- 5/6 T-shirts
- Long sleeved T-shirt (with close fitting sleeves for archery)
- 2/3 jumpers. Fleece jumpers are ideal as they are warm and dry quickly
- 3/4 pairs of long trousers (no jeans please) - jogging bottoms, leggings or combat trousers are ideal
- Shoes for water-based activities—these will get wet. They should have closed toes and be secure on the feet. An old pair of trainers or beach shoes would be perfect.
- Swimming costume
- Plenty of pairs of pants and socks
- Pyjamas / nightclothes
- Sunhat and sun cream (you never know!)
- Woolly hat and gloves
- Waterproof coat with a hood
- Reading book, notebook and pencil, small travel game
- A bin bag for dirty washing!!
- 2 Inhalers (if required)—please hand a spare inhaler to a member of staff on departure
- Lip Salve (optional but often needed)
- Water bottle (at least 500ml) that can be refilled each day
- Medication –please hand this to a member of staff on departure
- Spare glasses and a retaining strap to keep glasses secure during activities
- Named purse with money for souvenirs—maximum £10
- Rucksack (large enough to carry shoes, complete change of clothes and a towel when doing water activities)

In your rucksack to take on the coach, please pack:

- Drink
- Packed Lunch (throw away container please)
- Wallet (max £10)
- Warm Jumper
- Waterproof Coat
- Reading Book
- Small Travel Game
- Notebook and pen/pencil
- Inhaler if required

If you wish:

- Shorts—if you are bringing shorts, please ensure that they are at least knee length
- Waterproof trousers (if you already have them)
- Camera (this will be your child's responsibility).

Please do not allow your child to bring:

Torches, mobile phones, MP3 players or other electronic devices.

Jewellery—all jewellery and watches must be removed for activities and so are best left safely at home.