

Please ensure that all items are named.

## CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- T-shirts
  - Long sleeved shirt/T-shirts
  - Waterproof jacket
  - Fleece/jumpers
- Your arms will need to be covered to do some activities.*
- Tops & jackets
  - Trousers or leggings  
but not jeans as they get heavy and cold when wet
  - Underwear & socks
  - Swimming costume/trunks  
for water activities
  - 1 or 2 sets of clothes for the evening
  - Suitable nightwear
- Your socks will need to cover your ankles to do some activities.*
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## FOOTWEAR

- 2 pairs of trainers
    - 1 for activities
    - 1 old pair for watersports
  - 1 pair of dry shoes for evening activities
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## OTHER ITEMS

- 2 towels
    - 1 for showering
    - 1 old one for activities
  - Reusable drinks bottle
  - Small rucksack/bag
  - Labelled bin bag for wet and dirty clothing
  - Sleeping bag or duvet and pillow (unless otherwise advised)
  - Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)
  - Hair ties for long hair
  - Torch
  - Pocket money £10-20 Recommended
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## TRAVELLING IN THE...

### ...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen

### ...WINTER?

- Warm coat
- Hat and gloves

### Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

### Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these activities.

### What to wear

We have included some guidance on what to wear and what not to wear for the activities we are most often asked about. Please note, activities vary at each centre and final activity itineraries are planned by each centre.

#### Water-based activities

- ✓ Old trainers/water shoes
- ✓ Warm clothing
- ✓ Layers
- ✓ Old clothes
- ✓ Swimwear (for some water activities)
- ✓ Flip flops/crocs/sandals
- ✗ Wellies
- ✗ Jeans

#### Rope sessions

- ✓ Sturdy footwear
- ✓ Tops to cover the shoulders
- ✓ Shorts that cover the thighs
- ✓ Long trousers
- ✗ Flip flops/crocs/sandals
- ✗ Denim shorts

#### Muddy activities

- ✓ Old trainers
- ✓ Long trousers (waterproof if possible)
- ✓ Layers
- ✗ Flip flops/crocs/sandals
- ✗ Shorts

## PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Food items that contain nuts
- ✗ Jewellery/valuables
- ✗ Aerosols

If you bring your mobile phone, please note, it is not covered by our insurance.

