

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

Your arms will need to be covered to do some activities.

Tops & jackets

- Long sleeved shirt/T-shirts
- Waterproof jacket
- Fleece/jumpers

Trousers or leggings

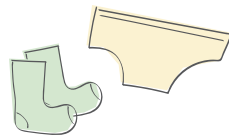
but not jeans as they get heavy and cold when wet



Underwear & socks

Your socks will need to cover your ankles to do some activities.

1 or 2 sets of **clothes for the evening**



Suitable **nightwear**

FOOTWEAR

- 2 pairs** of trainers
 - 1 for activities
 - 1 old pair for watersports
- 1 pair of dry shoes** for evening activities



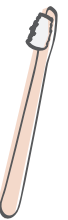
OTHER ITEMS

- 2 towels**
 - 1 for showering
 - 1 old one for activities

- Reusable **drinks bottle**



- Small **rucksack/bag**

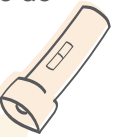


- Labelled **bin bag** for wet and dirty clothing

- Sleeping bag or duvet** and pillow (unless otherwise advised)

- Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

- Torch** (for evening adventures)



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.

PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Jewellery/valuables
- ✗ Aerosols

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

