

PGL Kit List



Below you can find our recommended kit list. It is not necessary to go out and buy all new and expensive kit for the activities. As long as the children have the appropriate footwear and warm clothes they will be fine. We advise sending children with clothes they can layer up as the children are outside all day.

Please note that children need to bring bedding with them. This can be a sleeping bag or a small duvet and pillow. Please practise packing up sleeping bags with the children as this can be a challenge!

Packing and Sleeping:

- A suitcase or large rucksack to pack all their things into.
- A day bag (rucksack etc.)
- Sleeping bag (or small duvet)
- Pillow and pillow case
- Labelled plastic bags (e.g. bin liners) for wet and used clothing

Clothing

- Night clothes/pyjamas
- Underwear and socks for the week (plus extra) – socks will need to cover ankles for some activities
- Warm socks/slippers (optional)
- Tracksuit/ full-length trousers suitable for outdoor activities (at least 3 pairs – no jeans for activities, but can be brought for the evenings)
- Shorts (optional if warm!)
- T-shirts (one per day and a few extras)
- Long-sleeve t-shirts/jumpers (for some activities, children will need to have long sleeves)
- Warm jumpers/ fleece (two minimum)
- Waterproof jacket/coat (and trousers - optional)
- Warm coat hat and gloves (weather dependent)
- At least 2 pairs of trainers (1 pair that is ok to get wet and muddy)
- 1 pair dry shoes for evening activities, meal times etc.
- An outfit/old clothing that will likely get wet for the raft building.
- Disco clothes!

Other essential items:

- Named re-usable water bottle.
- * Packed lunch on the Monday (ideally in disposable containers).
- Wash bag with the usual essentials (toothbrush, toothpaste, soap/body wash, shampoo, flannel, hairbrush etc.) Please **do not** bring aerosols as they can set off the fire alarms.
- Minimum 2 towels (1 for washing, 1 for water activities)
- Hair tie (for long hair)
- Cuddly teddy (not too large)
- Book
- Quiet activity for the coach/free time e.g. travel games/playing cards (no slime)
- Disposable camera (digital cameras are allowed but they are the responsibility of your child)
- Torch (optional)
- Up to £5 spending money for tuck or souvenirs; the children will be responsible for looking after their own money.
- Sun cream / Sun hat

No mobile phones or electronics (phones, iPads, kindles, go pros, tablets etc.), jewellery or food other than packed lunch are allowed on the trip. Any food required for dietary needs should be handed in with medication.

On the **Monday**, the children will **require a packed lunch from home**. Please ensure this is placed in a plastic bag (one that could possibly be used for dirty shoes or clothes later on in the week).

Please make sure that **everything** is clearly labelled.