

PGL Kit List

- T-shirts
- Long sleeved tops
- Fleece/ jumpers
- Joggers/ leggings (comfortable, old trousers)
- Shorts / dress/ skirt/ jeans (evening only depending on the weather/ activity)
- Underwear and ankle socks (no trainer socks as their ankles must be covered)
- 1 or 2 sets of evening clothes (it can be chilly in the evenings!)
- Suitable nightwear
- Wear trainers and bring an additional pair of trainers (old. They can get wet and muddy)
- 1 pair of dry shoes for the evening that are comfortable and secure.
- Coat ideally waterproof with a hood.
- Sun cap and suncream
- 1 shower towel
- Reusable drink bottle
- Small rucksack (day bag)
- Laundry bag
- Wash bag (soap, shampoo, shower gel, toothbrush, toothpaste, no aerosols- roll on deodorant ONLY)
- Hair brush and hair ties for long hair
- Pillow (optional for extra comfort)
- Soft toy (optional for bedtime only)
- Reading book, playing cards, travel games, colouring book, note book, small pencil case for free time in their rooms (optional)
- Small torch (optional)

DO NOT BRING:

- Any electrical items such as hair dryers, straighteners.
- Aerosols- roll on only (They set off fire alarms)
- Jewellery or valuables
- Mobile Phones
- Tablets
- Cameras
- Music devices
- Money
- Additional food or drinks for their rooms (dietary requirements and allergies)
- Swimwear
- Medication (Adults will keep the medication)

Children need to bring enough clothing for three days plus an additional set/s for rainy days. Do not bring any smart/ special clothes as they are likely to get dirty. **Please note that due to the nature of**

the activities, children will not be allowed to take part if they are wearing shorts or jeans. For some activities children will need to have their arms covered so it would be worth them having a jumper in their day bag along with their water bottle. Their packed lunch for the first day (lunch time) can also be packed into their day bag along with sun hats and rain jackets.

Day bag (small rucksack)

- Rain coat
- Jumper (if your child is not wearing one)
- Packed lunch for Wednesday
- Re-fillable water bottle
- Sun hat
- Sun cream

Soft bags are recommended instead of suitcases as space in the rooms is limited.