



WHAT TO BRING

Please ensure that all items are named.

Top Tip: Label EVERYTHING!

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.



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

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

☐ Tops & jackets

☐ Trousers or leggings
but not jeans as they get heavy and cold when wet

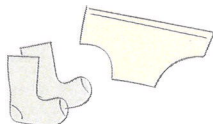


Old clothes are the best!

☐ Underwear & socks

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

☐ Swimming costume/trunks for water activities



☐ ~~2~~ 2 sets of clothes for the evening

☐ Suitable nightwear

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

FOOTWEAR

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



*We recommend that all visitors wear closed-toe footwear while on site due to uneven terrain and safety considerations around activity areas. *You might also want your slippers!*

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)

☐ Teddy.

☐ Hair ties for long hair

☐ Torch

☐ P... *seets (one small bag)*

PLEASE DO NOT BRING

