

PGL suggested Kit List



- Daysack for waterproofs/spare jumper and water bottle.
- Waterproof coat/warm coat (must be waterproof) and a spare if possible.
- Waterproof trousers: useful if you have them as we are out in all weathers.
- Fleece/thick jumpers.
- 5 pairs of trousers. Old trousers are great. PE trousers etc.
- 2 pairs of shorts (although shorts can't be worn on some activities)
- 5 tops with at least one long sleeved one as this is essential for some activities.
- 3 pairs of shoes/walking boots/old trainers/old school shoes.
- 8 pairs of socks.
- pyjamas
- Underwear for 5 days. (Underwear is not reversible!)
- Towel and wash kit (toothbrush, toothpaste, flannel and soap or shower gel), shampoo - they are encouraged to wash).
- Hat
- Hair ties for long hair. (Some activities specify long hair is tied back.) A hairbrush.
- Lip Balm
- Max £10 spending money in a labelled purse or wallet.
- Plastic bags for wet shoes and clothes.
- Camera if desired. Not your best SLR. **NOT** a mobile phone.
- Teddy: essential. All teddies have to experience PGL!
- A packet of biscuits. We give the children snacks mid-morning and afternoon.
- A book and/or small games to play while in their rooms.
- All kit in a bag with wheels. Children have to transport their own luggage around the centre. A soft bag is preferable as it can fit under the beds but this is not essential.
- Medication: labelled with dose etc. a separate form will need to be filled in if medication is to be given.
- No phones, iPads, iPods, watch phones etc.
- No uniform needed.
- Packed lunch/school dinners for Monday before we depart.