



What to bring

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.



☐ Tops & jackets

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

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

☐ Trousers or leggings

but not jeans as they get heavy and cold when wet

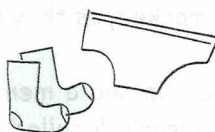


☐ Underwear & socks

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

☐ Plastic drinks bottle

☐ Small rucksack/bag

☐ Labelled bin bag for wet and dirty clothing

☐ Sleeping bag or duvet and pillow

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



TRAVELLING IN THE...

...SUMMER?

- ☐ Shorts
- ☐ Baseball hat/sun hat
- ☐ Sunscreen

...WINTER?

- ☐ Warm anorak or similar
- ☐ 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.

☐ Torch

PLEASE DO NOT BRING

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

✗ **MOBILE PHONE**

