

PGL KIT LIST

Item	Number of items	Packed at home	Packed at centre
Example: Socks	6 pairs	✓	✓
Bedding			
Sleeping bag, pillow and pillowcase			
Clothes			
Night clothes			
Underwear			
Pairs of Socks (to cover ankles)			
Trousers/leggings (it is important that students do not wear jeans whilst doing the activities for safety and comfort reasons)			
Shorts			
T-shirts			
Long sleeved top for certain activities			
Tracksuit			
Jumper/sweatshirt/fleece			
Waterproof jacket/anorak			
Waterproof trousers or trousers that can get muddy			
Swimwear, one-piece only, please			
Towel for swimming			
Hat/cap			
Trainers or other substantial footwear			
Old shoes (that can get wet and muddy)			
Canvas or plastic shoes for watersports (old PE kit canvas shoes would be fine)			
Sunglasses			
Toiletries			
Washbag			
Toothbrush and toothpaste			
Flannel/sponge and soap			
Shower gel			
Hair products i.e. shampoo/conditioner			
Hair ties (for long hair)			
Sun cream			
Towels - one for your room and one for activities			
Other			
Rucksack			
Drink bottle - labelled			
Torch			
2 strong plastic bags (at least - one for laundry and one for muddy clothes)			