 **PGL kit list 2024**  **Please ensure all items are named.**

**Clothes are likely to suffer a bit of wear and tear and also get dirty/wet, therefore you should bring several changes of clothing. Apart from evening wear, please do not bring expensive or brand-new clothes!**

* Sleeping bag and pillow
* 2 towels – one for showering and an old one for activities
* Several changes of underwear and socks - longer socks not 'trainer' socks are required for some activities
* Suitable nightwear
* 2 sweatshirts/jumpers/fleeces
* 2 or 3 pairs of trousers/tracksuit bottoms/leggings (ideally not jeans as they get heavy and cold when wet)
* 2 or 3 t-shirts, preferably one or two with long sleeves if possible (these are needed for some activities)
* 1 or 2 complete changes of clothes for the evenings. This should include an outfit for an evening disco.
* 2 pairs of old shoes/trainers for activities – not flat-bottomed canvas shoes as these have little grip
* One pair of shoes for the evenings
* Waterproof jacket
* Shorts - for warmer weather (fingers crossed!)
* Hair bands
* Toiletry bag including shampoo, soap/shower gel, toothbrush, toothpaste, hairbrush etc. - please do not bring spray deodorants, hair-sprays etc. as these set off the sensitive fire alarms
* Sunhat/Sunscreen (or warm coat – depending on the weather forecast!)
* Re-usable water bottle
* Bin liners for any wet/muddy clothes!
* Optional: a small rucksack – for the coach on Monday for a snack/water bottle/notepad.
* Optional: a night light if this is something that is used at home to help at night.

**No mobile phones/cameras/electronic gadgets/jewellery/valuables/sweets or food in suitcases.**

To avoid losing items, PGL recommend that you write a list of what has been packed for your child so that it can be checked whilst re-packing before returning home.