

WHAT TO BRING

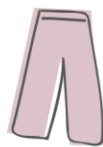
CLOTHING

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.

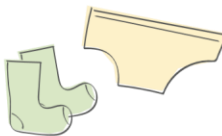
- ☐ Tops & jackets
 - ☐ T-shirts
 - ☐ Long sleeved shirt/T-shirts
 - ☐ Waterproof jacket
 - ☐ Fleece/jumpers
- ☐ Trousers or leggings
but not jeans as they get heavy and cold when wet
- ☐ Underwear & socks
- ☐ Swimming costume/trunks for water activities
- ☐ 1 or 2 sets of clothes for the evening
- ☐ Suitable nightwear



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



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



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

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)
- ☐ Hair ties for long hair
- ☐ Torch

TRAVELLING IN THE...



...SUMMER?

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



...WINTER?

- ☐ Warm coat
- ☐ Hat and gloves

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.

PLEASE DO NOT BRING

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

Water-based activities

Rope sessions

Muddy activities

We have included some ✓ Old trainers/water shoes ✓ Sturdy footwear ✓ Old trainers guidance on what to ✓ Warm clothing ✓ Tops to cover ✓ Long trousers wear and what not to ✓ Layers the shoulders (waterproof if possible) wear for the activities ✓ Old clothes ✓ Shorts that cover ✓ Layers

we are most often asked ✓ Swimwear (for some water activities) the thighs ✗ Flip flops/crocs/sandals about. Please note, activities vary at each ✗ Flip flops/crocs/sandals ✓ Long trousers ✗ Shorts

centre and final activity ✗ Wellies ✗ Flip flops/crocs/ itineraries are planned ✗ Jeans sandals

by each centre. ✗ Denim shorts



- ✗ Electrical devices
- ✗ Computer games
- ✗ Food items that contain nuts
- ✗ Jewellery/valuables
- ✗ Aerosols
- ✗ Flip flops/crocs/sandals

If you bring your mobile phone, please note, it is not covered by our insurance.