

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.

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

☐ **Tops & jackets** ☐ Long sleeved shirt/T-shirts

□ Waterproof jacket

☐ Fleeces/jumpers

☐ Trousers or leggings

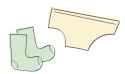
but not jeans as they get heavy and cold when wet



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**

TRAVELLING IN THE...



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.

FOOTWEAR

2 pairs of trainers

1 for activities

1 old pair for watersports

 \square 1 pair of dry shoes

for evening activities



OTHER ITEMS

☐ 2 towels → 1 for showering 1 old one for activities

☐ Reusable **drinks bottle**



☐ Small rucksack/bag

☐ Labelled **bin baq** for wet and dirty clothing

Sleeping bag or duvet and pillow (unless otherwise advised)

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

PLEASE DO NOT BRING

X Electrical devices

X Computer games

X Food items that contain nuts

X Jewellery/valuables

X Aerosols

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