

Suggested clothing and kit list for our PGL Residential

Due to the time of year, we recommend that children do not take new or expensive clothing with them to PGL as there is a very high chance of that they will get wet or dirty. Please ensure that all items are clearly labelled so that we can return them to your child if they are misplaced.

Essential items

- 1 pair of comfortable, worn-in walking boot/shoes
- 2 pairs of sturdy trainers (not canvas style Converse or similar style fashion trainers)
- 1 pair of slippers or other indoor shoes (compulsory inside)
- A waterproof coat with a hood
- 2 or 3 jumpers or thick tops
- 2 or 3 lightweight tops which cover shoulders (no strappy vest tops or crop tops)
- 2 lightweight long-sleeved tops (some activities require arms to be covered)
- 3 pairs of trousers (which are comfortable to move in – not jeans)
- Several pairs of socks (preferably long socks to avoid blisters)
- 2 pairs of thick socks (like wellie-socks)
- Underwear
- Nightwear
- 2 towels (1 for showering and 1 old one for activities)
- Washbag including: soap, shampoo, toothbrush, toothpaste, deodorant (roll-on)
- Swimsuit (to be worn under clothes for water activities)
- Small rucksack (for carrying lunch)
- Reusable drinks bottle
- Labelled bin bag (for wet and dirty clothes)
- Packed lunch (for the first day only)
- 1 book and/or 1 cuddly toy (not essential)
- Sleeping bag
- 1 pillow
- Vaseline or lip balm

Weather-permitting items:

- Sunscreen
- Sunhat
- Shorts (2 pairs)

Items that are not permitted:

- Mobile phones or other electronic devices
- Electronic hairstyling appliances
(hairdryers, straighteners, curling wands)
- Jewellery or other valuables
- Money (no money is required on this trip)
- Aerosol deodorant