

Packing List for PGL

A sleeping bag and pillow (essential) ☐

A towel ☐

Toilet bag containing: toothbrush, toothpaste, soap, hairbrush etc. ☐

Suitable nightwear (e.g. pyjamas) ☐

Socks and underwear ☐

Four t-shirts, shirts (at least one with long-sleeves) ☐

At least one thick sweater plus one light sweater ☐

Three or four pairs of trousers /leggings or tracksuit bottoms (jeans are not great as they get heavy and cold when wet) ☐

Waterproof jacket (and trousers if you have them) ☐

Sturdy shoes such as walking boots (even in summer) ☐

Two pairs of trainers (one old pair for using outside/in wet or muddy activities) ☐

Large plastic bag for dirty clothes (e.g. black bin bag) ☐

Gloves, hat, scarf (in case of cold weather) ☐

Refillable water bottle ☐

Hat and sunscreen (in case of hot weather) ☐

*Please note that for most activities long sleeves are a good option.

Clothes are likely to suffer wear and tear and also get wet and dirty- we advise bringing old clothes for doing activities.

Please ensure that all items are named.

Please note:

Do not bring: Mobile phones, cameras, electronic equipment games, iPods or MP3 Players, expensive or cherished jewellery, expensive/favourite clothing or shoes.

Aerosols are not permitted. Please ensure any toiletries brought are not aerosol sprays.