

Kit List for PGL Liddington 13th – 17th September 2021

Please ensure that clothes for activities are 'oldish', named and recognisable by the children.

Please ensure that any logos/designs are suitable.

✓	Item		Where to pack
	Travelling	No school uniform; come ready for PGL wearing activity clothes.	
	Money	£10 in coins and a labelled purse/wallet – there is a small shop with limited gifts such as stationery, keyrings, baseball caps, mugs etc. Children will not be allowed to purchase fizzy drinks/confectionery.	In a named purse, handed to Mr Butler-Willis on Monday (am)
	Medicines	Any prescribed medicines and/or preventative medication should be named and instructions included – spoons too! This includes travel sickness tablets, antihistamine medication and eczema creams etc. If your child regularly has Calpol for minor ailments please include and give permission for this – individual schets are useful.	Handed to Mrs Prince on Monday morning
	Small back pack	This will be taken out each day with anorak, sun hat, water bottle, sun cream, hand sanitiser (optional as this will be supplied by staff/PGL).	
	Anorak/ Pac-a-Mac	A waterproof jacket is vital whatever the forecast.	In small, lightweight back pack – used daily
	Sun hat	Cap is ideal (and gloves if forecast requires them).	Packed or in back pack
	NAMED Water bottle	This is vital for the week.	In back pack
	Sun cream and Lip balm	Only to be used by your child. Lip balm is strongly recommended for chapped lips.	Packed or in back pack
	Cameras	Must be named. Disposable or digital – child is responsible at all times	Packed or in back pack
	Trousers	4 pairs of long, lightweight trousers (jogging bottoms, leggings, cotton summer trousers – not jeans as they are too heavy and cold when wet and impossible to dry. Shorts can be packed but many activities require long trousers tucked into ankle socks.	Packed
	T Shirts	4/5 T-shirts, long or short sleeved (a mix of both is useful).	Packed
	Tops	2-3 sweatshirts or jumpers – it can get chilly in the evenings. Hooded tops are a cosy option for the evening but are not suitable for rope activities. Ensure at least 1 top does not have a hood please.	Packed
	Underwear	Enough for 4 days plus 2 spare for water activities.	Packed
	Ankle Socks	Enough for 4 days plus 2 spare (long are best). Preferably not trainer socks for activities as long trousers need to be tucked into socks.	Packed
	Nightwear	As required – no dressing gown needed but slippers are useful.	Packed
	Wash bag	Soap, shampoo, toothbrush and toothpaste, lip balm and anything else that is required (nothing is supplied). If bringing deodorants, they should be roll on only as aerosol sprays set off the fire alarms.	Packed
	Lightweight Towels	2 (one for daily use in bathroom, one for post-water activities).	Packed
	Footwear	3 pairs of sturdy shoes/trainers. This can include the travelling pair but should not be too precious (wet feet seem to be quite a theme at PGL!). Water shoes are allowed for kayaking but crocs must not be worn.	Packed/one pair to be worn
	Non-electronic games	No mobile phones, electronic devices, computer games, iPods etc. Torches are not needed as security lights are always on. Non-electronic games are encouraged such as card games etc.	Packed
	Snacks	A few sweets/snacks (remember that biscuits go soft once opened). Some to share with the people in the room (4 max.) if wished. Children will not be able to purchase confectionary or fizzy drinks in the shop.	Packed
	Jewellery	Wear as little as possible but a clock or watch per room is useful. Earrings MUST be removed or taped. Please supply surgical tape.	Packed
	Large plastic bag	'Bag for Life' / bin bag or similar to store wet/dirty clothing. There will be up to two wet activities at PGL.	Packed (essential)

****NB:** Bedding is included in the cost of the trip, so children are not required to bring their own.

They may want to bring a favourite pillow case and small cuddly toy**