



## Kit list for PGL Residential Trip

### Please note:

- ❖ Please **only pack essential items** listed below.
- ❖ **NAME everything** so 'lost' items can be reunited with their owners, including their suitcase/holdall
- ❖ Children should have a **suitable bag** in which to hold their belongings. **Children must be able to carry** this themselves.

### Food

- All children will need a **PACKED LUNCH** for the day of departure in a disposable form – paper bags are eco-friendly (no Tupperware or lunch packs as we will be trying to save space and weight). **No nuts and no chocolate!**

### Clothing

Take plenty of clothing in case of wet/cold weather. Clothing should be old.

- Nightwear
- Underwear (enough should children get completely soaked)
- Socks, including over ankle length
- 2 or more fleeces / Sweatshirts
- T-shirts
- 1 Long sleeved T-shirt
- At least 4 (or 5) pairs of comfortable trousers – 3/4 for activities, one for evening (one pair of these may be Jeans for the evenings, not to be worn during the day)
- 2** rugged pairs of trainers (1 for wet activities)
- 1 pair of shoes or trainers for indoors (clean)
- Waterproof jacket (& trousers if you have them – check weather forecast)
- Sun hat and/or warm hat and gloves if forecast is hot/cold (or both)
- Swimwear
- Evening clothes to wear (in case we have a disco)

## Other Essentials

- Sleeping bag – rolled up
- Pillow and pillow case
- Wash bag (toothbrush, tooth paste, roll-on deodorant, **NO aerosols**, shower gel, shampoo etc.)
- 2** towels – one for shower, one for activities (very important)
- Reusable bottle for drinks (NAMED)
- A once-a-day sunscreen (high factor minimum 30spf)
- Small Bag/Rucksack
- Labelled strong plastic bags (bin liners) for wet, muddy clothes
- Torch and batteries
- Hairbrush
- Hair ties for long hair

## What to consider:

- Teddy bear or SOFT toy
- Playing cards or similar
- A reading book
- Puzzle books or similar/colouring book/notepad and pen
- Disposable camera

## Medicines

- These should be clearly labelled and given to staff on the morning of the trip along with the relevant medical form.

## What NOT to bring:

- × Mobile phones
- × Digital cameras
- × Internet enabled watches/devices
- × Any electronic devices
- × Money
- × Sweets/snacks
- × Jeans for daily activities, as they are heavy when wet.

## Please note:

❖ **Children are responsible for their own belongings. Unnamed lost property will not be returned.**

❖ **To avoid losing any items of clothing please NAME EVERYTHING.**