

## CLOTHING

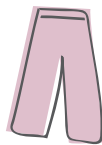
Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.



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

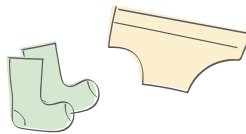
- T-shirts
  - Long sleeved shirt/T-shirts
  - Waterproof jacket
  - Fleeces/jumpers
- Tops & jackets**

- 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**

**Please note:** Bedding (a duvet and pillow) are provided for all international guests.

## TRAVELLING IN THE...



### ...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen



### ...WINTER?

- Warm coat
- Hat and gloves
- Torch

## 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.

## FOOTWEAR

- 2 pairs** of trainers
  - 1 for activities
  - 1 old pair for watersports

- 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 bag** for wet and dirty clothing



- Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

## PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Jewellery/valuables
- ✗ Aerosols

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

