

## Suggested Kit List for PGL Liddington 2019

### Essential: WARM and WATERPROOF CLOTHING

Clothes and footwear may get very dirty so please do not bring items that are expensive or new! The key is not to send any items of clothing that you would really miss if they didn't return!

#### Kit List:

- ◆ Underwear - enough for at least 8 changes as some activities involve water (at least a couple of pairs of long socks)
- ◆ Night clothes
- ◆ 7 pairs of trousers/ tracksuit bottoms (1 per day plus spares in case we get wet or muddy or both!!)
- ◆ 6 T-shirts (preferably with long sleeves - this is a requirement for some of the activities as well as the unpredictable weather!)
- ◆ 2 Pairs of shorts
- ◆ 1 Thick sweater
- ◆ 3 Sweatshirts
- ◆ 1 Light sweater
- ◆ 1 Swimming costume/trunks
- ◆ 1 Waterproof coat
- ◆ Hat & gloves (we have to be prepared!)
- ◆ Appropriate clothing for a disco (this is just in case, as we won't know what our evening entertainment will be until much nearer the time)
- ◆ 2 Bath towels
- ◆ 1 Toiletry bag containing essentials - toothpaste, toothbrush, shampoo, shower gel, deodorant (no aerosols please) & hairbrush
- ◆ Suntan lotion (you never know - we needed it one year!)
- ◆ Small bag/rucksack

#### Footwear:

- ◆ At least 2 pairs of trainers (for wet and dry activities - one pair will be worn in the water!!)
- ◆ General day shoes
- ◆ Sturdy shoes/boots

#### Medicines:

- ◆ Any medicines (inhalers etc) to be clearly labelled and with directions for use and handed to staff on the morning of departure (inhalers to be kept with children but spares go to staff)

#### Other Items:

- ◆ Plastic bags / bin bags for wet/dirty clothes and footwear (lots of)
- ◆ Camera (labelled) (Please note that digital cameras are fine but camera phones are not allowed)
- ◆ Torch
- ◆ Pens/pencils
- ◆ **Water bottle - essential**
- ◆ Pocket money optional - maximum of £10 -to be looked after by the children

Please ensure that all items are labelled and that everything is packed in one large bag/case. Year 6 - you need to be able to carry/wheel your luggage!