

## PGL KIT LIST

Dear Parent/carers,

Please see below the suggested kit list for our residential trip. If you have any questions please contact us.

### **Teddy Bear**

#### **Book**

Sleeping Bag & Pillow/Pillowcase  
Water-proof jacket/cagoule  
One towel for showering  
One 'old' towel for wet activities  
Refillable plastic drinks bottle (named)  
Small rucksack/bag  
Bin bag/carrier bags for wet/dirty clothes

#### **Cap/sun hat (must)**

#### **Sunscreen (must)**

Suitable nightwear  
Underwear  
Socks (socks will need to cover ankles to do some activities)  
Trousers/Leggings (**not jeans**)  
Shorts (including some that cover thighs)  
Fleece/sweatshirts/hoodies for activities  
Long sleeve t-shirt (some activities require arms to be covered)  
T-shirts  
1 pair of trainers for activities  
1 pair of shoes for water-sports (preferably water shoes or old trainers – nothing that will fall off)  
1 pair of dry shoes for evening activities  
Swimwear  
1 or 2 sets of clothes for the evening (including something warm)  
Washbag (including soap/shower gel, shampoo, toothbrush and toothpaste)  
Hair bands for tying back long hair

#### **No Electronic equipment**

#### **No Sweets or snacks please**

- Any medicines/inhalers should be clearly labelled and handed to staff on the morning of the residential with instructions.
- If your child suffers from travel sickness, please administer one dose before school and send another in a named, sealed envelope/container for the return journey home with instructions for when the tablet should be taken in relation to the time of the journey.

## PGL BAY KIT LIST

Dear Parent/carers,

Please see below the suggested kit list for our residential trip. If you have any questions please contact us.

### **Teddy Bear**

#### **Book**

Sleeping Bag & Pillow/Pillowcase  
Water-proof jacket/cagoule  
One towel for showering  
One 'old' towel for wet activities  
Refillable plastic drinks bottle (named)  
Small rucksack/bag  
Bin bag/carrier bags for wet/dirty clothes

#### **Cap/sun hat (must)**

#### **Sunscreen (must)**

Suitable nightwear  
Underwear  
Socks (socks will need to cover ankles to do some activities)  
Trousers/Leggings (**not jeans**)  
Shorts (including some that cover thighs)  
Fleece/sweatshirts/hoodies for activities  
Long sleeve t-shirt (some activities require arms to be covered)  
T-shirts  
1 pair of trainers for activities  
1 pair of shoes for water-sports (preferably water shoes or old trainers – nothing that will fall off)  
1 pair of dry shoes for evening activities  
Swimwear  
1 or 2 sets of clothes for the evening (including something warm)  
Washbag (including soap/shower gel, shampoo, toothbrush and toothpaste)  
Hair bands for tying back long hair

#### **No Electronic equipment**

#### **No Sweets or snacks please**

- Any medicines/inhalers should be clearly labelled and handed to staff on the morning of the residential with instructions.
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