Packing Kit List – PGL

**One**large bag to contain everything.

One rucksack for the coach.

 Clothes

* Sufficient underwear.
* Sufficient socks – long ankle socks.
* 3 short sleeved shirts
* 3 long sleeved shirts
* 3 jumpers
* 2 pairs of trousers
* 2 pairs of leggings or jogging bottoms
* Waterproof trousers
* **Waterproof coat**

 Shoes

* At least 2 pairs of trainers (1 pair of old ones to get muddy and wet)

  Sleeping

* Sleeping bag
* Pillow
* Pyjamas

Toiletries

* 2 towels – one for showering, one for after messy activities
* Toiletries
* Sun tan lotion

Other

* Sun hat
* Gloves
* Torch
* Named water bottle
* Named wallet with £5 in change
* Black sack for dirty clothes
* Book, quiet game, or stationary for the coach

 Reminders:

* No electronics of any sort
* No aerosols
* Only 1 pair of flat stud earrings – no other jewellery
* Hair tied back