PGL KIT LIST

Clothing

1. Ensure all clothing and personal items are **clearly named**.
2. The week requires **4 days of sports/casual clothing** (preferably old clothing that is ok to get wet and/or muddy).

3. Each child must have a **small rucksack** with the following suggested contents:
   a. Inhalers/asthma (any other medicine required for the trip must be handed to New Haw staff upon arrival on Monday)
   b. Refillable water bottle (named)
   c. Packed lunch in disposable packaging (no hard containers) for Monday journey
   d. Waterproof jacket
   e. Baseball cap / sun hat
   f. Sun block
   g. Inexpensive camera (named) at own risk

4. Your child's **suitcase/holdall** is to have the following items:
   a. Long sleeved tops and Trousers **X 4**
   NB. *Many activities require long sleeves and without them, children will not be allowed to take part as they could suffer abrasions. Jeans are not appropriate as they don't allow the necessary flexibility and take a long time to dry out.*
   b. Very old jumper and trousers that could be disposed of after the sensory trail. This activity is renowned for being extremely wet and muddy!
   c. Evening clothes (casual)
   d. Underwear & socks
   e. Pyjamas/nightwear
   f. 2 x Towels
   g. Toiletries (roll on deodorant only – **aerosols are not allowed**)
   h. 2 x pairs of trainers. Ideally, children should have at least a second pair because it is very hard to dry a first pair out if it rains after wet/muddy activities. No crocs for water sports.
   i. Several t shirts
   j. Swimming costume. Jelly shoes can be useful for water activities.
   k. Shorts
   l. Hair 'bobbles' for children with long hair
   m. 2 bin liners to carry dirty, wet washing back home!

5. Lastly, the following items are **NOT ALLOWED**
   a. Mobile phone
   b. IPOD / MP3 player/tablets
   c. Electronic games / players etc
   d. Expensive cameras
   e. Expensive clothing
   f. Expensive jewellery
   g. Hair gel – it gets on the helmets and pillows!
   h. Open-toed sandals (for safety reasons)