



PGL Adventure Camps Kit List

- Pyjamas
- Underwear (please note that socks need to cover ankles for many activities)
- Pants/leggings for activities (not jeans)
- Shorts
- 1 pair of runners for activities
- 1 pair of shoes for water sports (preferably old runners)
- 1 pair of dry shoes for evening activities
- Jumper for activities
- Long sleeved shirt/t-shirts (for activities where arms need to be covered)
- T-shirts
- Waterproof jacket (and trousers if you have them)
- Warm Jacket (it gets cold in the country)
- Baseball hat/sun hat
- 1 or 2 sets of clothes for the evening
- Thongs for showering
- Bathers for swimming

Other Items

- One towel for showering
- One 'old' towel for wet activities
- Plastic drinks bottle
- Sunscreen
- Small backpack
- Labelled bag for wet and dirty clothing
- Toiletries (including soap, shampoo, toothpaste and toothbrush)
- Sleeping bag and pillow (unless otherwise advised)
- Torch



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Please Don't Bring

Electronic/computer games/jewellery/valuables/mobile phones etc.

We strongly recommend that guests are discouraged from bringing mobile phones. However we do understand that this may be the easiest way for the children and parents to stay in contact. The Party Leader accompanying the group will be responsible for managing the use of mobile phones throughout the stay.

Lost Property

Please label everything your child brings – indelible felt tip pens are useful for this. Children are responsible for their own belongings and it may be useful to provide a list of items packed. Lost property is hard to track down after a visit and there is a small charge for returning items.