

IOW KIT LIST

Clothes

- Suitable night wear
- Underwear (socks will need to cover ankles)
- Trousers/ leggings (not jeans)
- Pair of trainers / sensible walking shoes (preferably 2)
- Pair of dry shoes (for evening activities)
- Fleece/ sweatshirts
- T-shirts
- Long sleeved t-shirts
- Coat/waterproof
- Warm hat/baseball cap
- Evening clothes (2 sets)
- Disco outfit

Other Items

- Towel for showering (an additional small towel is useful for wet days)
- Plastic drink bottle
- Small rucksack/ bag (can be used to carry packed lunch on Monday)
- Bin bag (useful for wet and dirty clothing)
- Wash bag (soap, shampoo, toothpaste etc) (Nothing electrical)
- Disposable camera?
- Torch (wind up LED ones are good)
- Card/ travel games
- A few snacks (not too many please)
- Spending money (Recommended amount £5-£10)
- Sun cream

Top Tips

- **Check list on PGL Leaflet**
- Avoid expensive new clothes
- Avoid jeans (ok for disco)
- Assume there will be rain!
- Black strong bin liner for wet/ muddy clothes
- Suitable footwear – walking boots/ trainers NOT wellies!
- Name all items
- Please only ONE packed bag plus small travel bag for lunch on Monday

'Toppest' Tip

- Clothes will get wet and muddy every day. Pack several sets of clothes and underwear appropriate for climbing in the rain etc.