



WHAT TO BRING

Please ensure that all items are named.

- Sleeping bag
- Pillowcase (*to conserve space, we recommend not bringing a pillow but filling the pillowcase with a dry towel/coat etc.*)
- Tops and jackets:
 - T-shirts (*arms may need to be covered for some activities*)
 - Fleece/jumpers/sweatshirts
 - Waterproof/warm coat or jacket
- Trousers/leggings (*jogging bottoms are ideal for activities; jeans are not recommended as they get heavy and cold when wet*)
- Underwear and socks (*at least five pairs and they may need to cover ankles for some activities*)
- Suitable nightwear
- At least two pairs of trainers/outdoor footwear (*one of which should be an older pair for the raft-building activity*). One should be suitable for the Wrekin walk.
- Wash bag and wash gear (*soap, shampoo, toothbrush and toothpaste - no aerosols or spray cans please as they can set off smoke detectors*)
- 2 towels
- Plastic bags for carrying wet or dirty clothes/shoes
- Gloves and hats
- Named water bottle for activities
- Small day bag/rucksack (e.g. school bag) for packed lunch on the first day (ideally in disposable packing rather than lunch box)

Please restrict luggage to one reasonably sized case or bag for the coach hold (the children will need to be able to carry their case). Sleeping bags can be attached to the outside of the case or in kept in overhead storage. **Please ensure that all items are named.**

Please **DO NOT** send mobile phones, electronic devices, iPads etc. or jewellery.

Children are allowed to bring up to £10 spending money for the PGL shop. This will need to be in a named wallet/purse/sealed plastic bag and will be looked after by their group leader during the trip.

Please ensure all relevant medical details are listed on the parental consent form

Asthma Sufferers

Please ensure that this is noted on the medical form and that your child has their inhaler. The children will be in charge of their own asthma medication, as they are in school

Prescription Medication

If sending prescription medication, please make sure the instructions for dosage are clearly labelled and a form is completed. We will record each dose.

Non-Prescription Medicine

Please see anyone of us prior to departure. You will have to complete a form for your child to self-administer their own medication under adult supervision.

If you have any further questions, please get in touch