

What to bring

Please ensure that all items are named.

CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

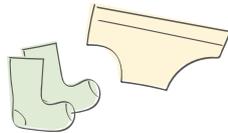
- Tops & jackets**
 - T-shirts
 - Long sleeved shirt/T-shirts
 - Waterproof jacket
 - Fleeces/jumpers
- Your arms will need to be covered to do some activities.*



- Trousers or leggings**
but not jeans as they get heavy and cold when wet



- Underwear & socks**
 - 1 or 2 sets of **clothes for the evening**
- Your socks will need to cover your ankles to do some activities.*



- Suitable **nightwear**

Please note: Bedding (a duvet and pillow) are provided for all international guests.

FOOTWEAR

- 2 pairs** of trainers
 - 1 for activities
 - 1 old pair for watersports
- 1 pair of dry shoes** for evening activities



OTHER ITEMS

- 2 towels**
 - 1 for showering
 - 1 old one for activities

- Reusable **drinks bottle**
- Small **rucksack/bag**
- Labelled **bin bag** for wet and dirty clothing



- Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

TRAVELLING IN THE...



...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen



...WINTER?

- Warm coat
- Hat and gloves

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

Football School

Groups taking part in the football school should bring appropriate clothing to participate. We recommend bringing shorts, t-shirts, a tracksuit, football boots and shin pads.

PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Jewellery/valuables
- ✗ Aerosols

If you bring your **mobile phone**, please note, it is not covered by our insurance.

