

Suggested PGL kit list

When preparing kit for the residential it is important to remember that during October, the weather in southern Wales is unpredictable – it is worth checking a longer-range weather forecast for the week. It can be wet and cold and as all activities require children to wear a long sleeve top and long trousers, it is key that pupils are appropriately dressed for each challenge (for example, t-shirts and shorts are not appropriate for climbing). Be aware that pupils will be spending most of each day outdoors. Activities that are undertaken will require clothing that is sturdy and furthermore that pupils will not worry about if the activity means they get wet and muddy (old clothes and shoes are ideal!). A large drying room is available in which children will leave wet clothes overnight but the clothes do not always dry fully in time for the following morning so additional ‘wet wear’ is needed.

The following information provides suggestions to help you prepare your child’s luggage prior to the residential trip in the Autumn term.

Three complete changes of clothes that can get muddy / wet. Each set of clothes for wet / muddy activities ***must include*** long trousers / joggers; a long sleeved top and underwear (socks and pants). Each set of clothes should be packed into a separate carrier bag labelled ‘wet clothes 1’, ‘wet clothes 2’ and ‘wet clothes 3’.

- **Three complete changes of clothes for the ‘Dry Bag’ needed after each wet / muddy activity.** Pack each set of clothes in a separate carrier bag labelled as ‘Dry Bag 1’, ‘Dry Bag 2’ and ‘Dry bag 3’.). Each set of clothes in the ‘dry bags’ ***must include*** long trousers / joggers; a long sleeved top and underwear (socks and pants). You will also always need a dry towel in your ‘dry bag’ – see notes on ‘towels’ below.
- **Old trainers / shoes** are essential for water based activities (and for the challenge course). Shoes worn for these activities will get wet and muddy and will not be suitable for dry activities afterwards as they are unlikely to be sufficiently dry.
- **Two additional complete sets of clothing** for the ‘non-muddy/wet’ activities to include long trousers, long sleeved top and ‘hoodie’ or warm jumper.
- **Waterproof coat** (this may get muddy during some activities however a PGL waterproof will be provided for the challenge course and ‘Puddle’ activities).
- Underwear – in addition to the underwear packed in ‘Wet clothes’ and ‘dry bag’ kit, four additional sets of underwear are needed (including pants and thick socks).
- **Pyjamas** (a ‘onesie’ is ideal)
- **Hat and gloves**
- **Three bath towels** – two of which may get muddy, the third towel will be for general use (children will always have a warm shower after water-based activities); dark coloured towels are preferable; towels **must** be named.
- **Wash kit** – soap; toothbrush/paste; shampoo, brush / comb.
- **Draw string bag** – e.g. a school PE type bag is ideal (in which to put dry change of clothes for water based activities) This is referred to as a ‘Dry Bag’ and is used daily. This bag should also be used to carry lunch for the outward journey; please do not bring a lunch box.

All luggage should be packed in a holdall or suitcase, clearly named somewhere on the outside please. It is helpful if children have packed / helped to pack their own case, then they will be aware of which items they have brought with them. We strongly recommend that **everything** is named or initialled – although we will do our best to locate misplaced possessions, we are not responsible for lost items.

In addition:

- Children DO NOT NEED SCHOOL UNIFORM during the week: they should travel in comfortable clothes (long trousers / jeans / leggings / tracksuit bottoms; not shorts please). The clothes that the children travel in can also be used as a spare set of dry clothes for the evening.
- Mobile phones and electronics are not allowed (torches are not necessary either as corridors are lit at night).
- Lunch for outward journey (either in a carrier bag or draw string bag that pupils will use during the week for their water bottle and in which to pack dry clothes for wet activities – **no lunchboxes please**).
- A NAMED water bottle – this can be used for a drink on the outward journey, but children are also encouraged to fill their water bottle every morning and drink throughout the day at PGL.
- Sleeping bag rolled inside a sleeping bag ‘sack’ or black bag, which must be clearly named.
- **If using a bin liner or plastic bag for the sleeping bag, rather than its own ‘carry sack’, It is essential that you include a spare named black bag in which to pack sleeping bag for homeward journey.**
- Plastic bags in which to put wet and dirty clothes.
- Medication – any medication must be handed to the Year 6 teachers upon arrival in school on the Monday morning prior to the journey. Medication should be clearly named and labelled with appropriate dosage. Medicines will be administered at the appropriate time(s) as instructed during the residential.
- If your child requires travel sickness tablets, please ensure that these have been given BEFORE you arrive at school. Tablets for the return journey should be handed to the Year 6 teachers in a named envelope / packet. PLEASE NOTE our journey involves several miles of narrow, twisty country lanes (near the PGL venue) so if your child is prone to travel sickness, necessary medical precautions are essential.

Please do not hesitate to contact any member of the Year 6 team if you have any queries about the information provided here.