

## PGL Liddington : Kit List 2026

Below is a list of items suggested by PGL for a 2-3 day activity course.

### Clothing

It is advised that pupils bring plenty of spare clothes in case of wet weather and for muddy activities. Clothing should be **old**.

- Nightwear
- Underwear
- Socks (spares in case it is wet)
- 1 or more fleeces or sweatshirts
- 3 t-shirts
- 1 **long-sleeved** t-shirt
- 2 pairs of old trousers (not jeans) 1 for activities, 1 for evening - long trousers are required for rope activities regardless of hot weather
- 2 pairs of trainers (1 old pair for wet activities)
- 1 pair of shoes or trainers for indoors
- Waterproof jacket
- Baseball cap/hat

### Other Essentials

- Wash bag (soap, toothbrush, toothpaste, shampoo etc)
- Comb/Hairbrush
- 1 large towel
- Sun cream
- Pen & paper
- Small bag/Rucksack
- Labelled plastic bag/bin liners (for wet/dirty clothing)
- Camera
- Travel sickness pills (**to be handed in prior to trip**)
- Medication (**to be handed in prior to trip**)
- Tissues
- Packed lunch for the journey
- A bottle of still water (there are drinking fountains around the site where the bottles can be refilled)
- Pocket money in a purse/wallet (maximum of £20)
- Sleeping Bag and pillow (tied up in a black sack – named)