



YEAR 9 ACTIVITY WEEK

Monday 4th June – Friday 8th June

Kit List for PGL

Luggage

- Each student must only **bring one bag/case of clothes**. Please avoid big suitcases, the coach and the dorm rooms do not have enough space for large luggage.
- Students may also bring one piece of hand luggage.
- Each student must also bring **a sleeping bag and a pillow**.
- All items of luggage should be **labelled**.

Valuables and Spending Money

- We do not want the students to take valuable items such as iPods, or expensive cameras to the centre.
- **No one is to take a mobile phone or a device that can connect to mobile data or wifi. If discovered it will be confiscated and sanctions will be issued.**
- If a student **needs** to bring a music player for the coach journey, then this should be handed to a member of Kendrick staff in a **named envelope** when we get to PGL and will then be given back to them on our way home.
- **Kendrick School and PGL do not take any responsibility for students' valuables and do not recommend valuables on the trip.**
- There is a Tuck Shop at the centre which sells snack bars, crisps, etc. as well as PGL merchandise (T-shirts etc). Staff at the PGL centre suggest that students take around £30 for the week.

Overall Guidance

- Remember that some clothes might get muddy.
- Students should bring a set of old clothes (and shoes) that they do not mind getting dirty, please be aware some clothes may become stained.
- Dress comfortably.
- Dress in layers.
- Avoid clothes with toggles and cords.
- Some activities may require students to wear a harness (e.g. abseiling and high ropes) so they must bring trousers or leggings that are suitable for this.
- Students are required to wear long sleeves for sports such as archery and rifle shooting.

Kit List (please also see PGL guidance for kit)

- Trousers / leggings for activities (not jeans).
- Shorts.
- 1 pair of trainers for activities.
- 1 pair of shoes for watersports (preferably old trainers).
- A swimming costume (not bikini).
- Fleece or sweatshirts for activities.
- T-shirts.
- Suitable nightwear.
- Underwear (please note that for many activities, socks will need to cover your ankles).
- A waterproof jacket.
- Sun hat.
- Pen.

Evenings

- You should bring two sets of separate clothes for the evening entertainment. Some of the entertainments are active and so your evening clothes should be comfortable and easy to move around in.

Other items

- **Sleeping bag and pillow (in a bin liner, in case of rain whilst loading/unloading the coach)**
- For most activities we'll ask that long hair is tied back. Please bring hair bands with you.
- One towel for showering.
- One 'old' towel for wet activities.
- Plastic drink bottle.
- **Sunscreen/sunhat.**
- Bin bag for dirty / wet clothing.
- Washbag (including soap, shampoo, roll on deodorant, toothbrush and toothpaste).

Please do not bring

- Mobile phones.
- Electronic / computer games.
- Jewellery.
- Valuable items.