



# what to wear checklist

Activity	To Wear ✓	Not to Wear ✗	Notes
<b>All Rope Sessions</b> (Abseiling, Climbing, Zip Wire, High Ropes, Trapeze, Jacob's Ladder, Giant Swing, Tree Top Trail, Powerfan®, Vertical Challenge, Crate Challenge)	Sturdy footwear Tops that cover the shoulders Shorts that cover the thighs	Flip flops or Crocs Open toed shoes/sandals	Bring some warm clothing in case of bad weather
<b>Archery</b>	Flat shoes Long sleeved tops	Short sleeves Flip flops or Crocs	Avoid loose clothing
<b>Tunnel Trail</b>	Flat shoes Long sleeved tops Long trousers	Short sleeves Flip flops or Crocs	Avoid loose clothing
<b>Low Level Ropes/ Challenge Course &amp; Sensory Trail</b>	Sturdy footwear Long trousers	Shorts	Possibility of getting dirty
<b>Fencing</b>	Sturdy footwear Long trousers	Shorts Flip flops or Crocs	Long hair tied up
<b>Water Based Activities</b>	Old, warm clothing Fleece Layers Glasses retainer Closed toe shoes Swimwear (not essential)	Wellingtons Crocs Jeans Avoid heavy cotton	All children to bring a bag containing dry shoes, jumper, towel, wash kit, trousers and underwear
<b>Mountain Biking &amp; BMX</b>	Sturdy footwear Long shorts Tops that cover the shoulders	Flip flops or Crocs Open toed shoes	Avoid loose clothing Long hair tied up
<b>Quad Biking</b>	Long trousers, long sleeves & long socks	Open toed shoes Loose clothing	Any removable mouth braces must be taken out
<b>Problem Solving/ Initiative Exercises, Orienteering &amp; Survivor</b>	Walking boots/trainers	Sandals	
<b>Aeroball</b>	Socks Long shorts or trousers (knees must be covered)	Barefoot	Long hair tied up
<b>Pony Trekking</b>	Waterproof Jacket Riding boots or similar Long trousers, long sleeves & long socks		Long hair tied up

## Other Essentials

Sleeping bag and pillow – if PGL are not providing  
 Towels, wash bag, toiletries and suncream or Waterproof – weather dependant

Please Note: For all activities we advise that all jewellery is to be removed (stud earrings are OK), and long hair must be tied back.