



# PGL 2025

Information Evening  
Monday 15th September  
4.30pm

# The Team

- Mrs Gill
- Miss Eyles
- Mr McGookin/Mrs Tompkins
- Mrs Priddy
- Mrs Edge
- Miss Cave
- Mr Copley

# Before we go

- Spending money – no more than £10 – provided in sealed envelope with child's name
- Medicine – must be handed in with consent form on the morning of departure.
- Let us know if your child suffers with travel sickness.
- **Mobile Phones/cameras etc – leave behind!**
- Sweets – can be bought in shop.
- Birthdays – inform us if your child will have their birthday while we are away.

# Medical and medicines

- Every child will need to have a completed medical form.
- Please complete medicine information/indicate none needed.
- Please complete calpol/piridon permission.
- All prescribed medicine must be in original box with prescription label stating child's name and dose.
- Please sign and ensure contact number is completed so we have it to hand.
- **PLEASE HAND THIS IN ON THE DAY OF DEPARTURE**

# Clothes (Bedding is provided)

- Warm (short coats rather than long ones that can't get in a harness)
- Gloves/hat in case it is cold at night
- Old clothes that you don't mind getting ruined
- Labelled
- Lots of changes in case we get wet/sweaty!
- Jogging bottoms are better than jeans
- Pyjamas
- Sun cream and sun hat
- Footwear x3 - for activities, for water and for around the cabin (no flipflops, crocs or wellies for activities)
- Hairbands - PGL leaders will not let children participate if they don't have long hair tied back.
- Some activities are very dirty and wet – make sure you send **a black bag** for these!

## 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.



☐ T-shirts

☐ Long sleeved shirt/T-shirts

☐ Waterproof jacket

☐ Fleece/jumpers

☐ Tops & jackets

☐ Trousers or leggings

but not jeans as they get heavy and cold when wet

☐ Underwear & socks

☐ Swimming costume/trunks for water activities

☐ 1 or 2 sets of clothes for the evening

☐ Suitable nightwear



*Your socks will need to cover your ankles to do some activities.*



*Your arms will need to be covered to do some activities.*



# WHAT TO BRING

## FOOTWEAR

☐ 2 pairs of trainers

1 for activities

1 old pair for watersports

☐ 1 pair of dry shoes for evening activities



*We recommend that all visitors wear closed-toe footwear while on site due to uneven terrain and safety considerations around activity areas*

## 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

☐ Sleeping bag or duvet and pillow (unless otherwise advised)

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

☐ Hair ties for long hair

☐ Torch

☐ Pocket money £10-20 Recommended



## What to wear

We have included some guidance on what to wear and what not to wear for the activities we are most often asked about. Please note, activities vary at each centre and final activity itineraries are planned by each centre.

### Water-based activities

- ✓ Old trainers/water shoes
- ✓ Warm clothing
- ✓ Layers
- ✓ Old clothes
- ✓ Swimwear (for some water activities)
- ✗ Flip flops/crocs/sandals
- ✗ Wellies
- ✗ Jeans

### Rope sessions

- ✓ Sturdy footwear
- ✓ Tops to cover the shoulders
- ✓ Shorts that cover the thighs
- ✓ Long trousers
- ✗ Flip flops/crocs/sandals
- ✗ Denim shorts

### Muddy activities

- ✓ Old trainers
- ✓ Long trousers (waterproof if possible)
- ✓ Layers
- ✗ Flip flops/crocs/sandals
- ✗ Shorts

# PLEASE DO NOT BRING



- ✗ Electrical devices
- ✗ Computer games
- ✗ Food items that contain nuts
- ✗ Jewellery/valuables
- ✗ Aerosols
- ✗ Flip flops/crocs/sandals

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

**Please DO NOT allow  
your child to bring a  
mobile phone.**

# Daily Routine (Guide)

- 7 am – wake up /breakfast
- 9 am activities – 2 sessions
- 12:30 lunch
- 2pm activities – 2 sessions
- 5:30pm dinner
- Free time
- 7 pm evening activity
- 8.30pm return to rooms
- 9.30pm lights out

# Activities (To be confirmed)

- Giant Swing
- Archery
- Raft Building
- All Aboard
- Abseiling
- AMBUSH!
- And many more...



# Here is an example day..



|         |                       |                       |                      |                     |  |                |
|---------|-----------------------|-----------------------|----------------------|---------------------|--|----------------|
| Group 1 | Zip Wire (ZW1)        | Buggy Building (BB2)  | Raft Building (RB2)  | Archery (A2)        |  | Campfire (CF2) |
| Group 2 | Buggy Building (BB2)  | Zip Wire (ZW1)        | Archery (A2)         | Raft Building (RB2) |  | Campfire (CF2) |
| Group 3 | Zip Wire (ZW2)        | Problem Solving (PS3) | Raft Building (RB3)  | Archery (A3)        |  | Campfire (CF2) |
| Group 4 | Problem Solving (PS3) | Zip Wire (ZW2)        | Archery (A3)         | Raft Building (RB3) |  | Campfire (CF2) |
| Group 5 | Zip Wire (ZW3)        | Raft Building (RB2)   | Jacob's Ladder (JL1) | Aeroball (AE2)      |  | Campfire (CF2) |



**All groups get to do all the same activities over the course of the trip - just in a different order.**



# Food

- Dietary requirements – let us know.
- Choice of meals – salad bar, bread, fresh fruit.
- Vegan options.
- Allergies – inform in writing so that we can let PGL know.



# Rooms

- Usually 6 to a room but there are sometimes smaller/larger rooms.
- En suite
- Leader rooms spread between pupil rooms.
- Secure site – patrolled 24 hours.



# How do we allocate activity groups and dorm rooms?

- We like the children to have as much input as possible after all, they are going to be spending time with these people!!!
- We will ask each child to name 3 other children who they would, ideally, like to be in a room with (same gender)
- We will ask each child to name 3 people they would like to be in an activity group with.  
(These may or may not be the same people).
- We cannot guarantee that they will be put with everyone they have nominated but we do guarantee that they are with at least one of them.
- The children will be told their groups once we are at PGL.

# Keeping you informed

- Information and updates will be posted on the school X (twitter) site every day.
- A week before, medical forms and consent forms will be sent home to be filled in.
- These forms need to be brought with you on the day of departure – Monday 29<sup>th</sup> September 2025.

# Monday 29<sup>th</sup> September 2025

- Come to school at 11 am.
- Register – hand in medicines if needed, Confirm any changes in emergency contact details.
- Different tables set up for consent form and medical items etc.
- Drop luggage.
- Supply a packed lunch in a carrier bag.
- Departure time (approximate) 12 pm



## Friday 3rd October 2025

- Text giving estimated arrival time (3 pm – 4 pm).
- Children will be released from the drive
- All children will need to be **collected** in person (even if they normally walk home by themselves)
- Inform school of changes in collection arrangements.
- Turn on the washing machine!

# Finally

- Questions? Here are the answers to some questions asked at the meeting:
- Is the Twitter (x) account private?
- No, but we will not post children's names. Most of the shots will be group shots and it will say Group 1 has been ... etc.
- If a child needs medication or help at night, knock on an adult's door. All of the staff rooms are labelled with the staff names and whether they are first aiders or not. Each child will be told which adult is holding their medication.
- ANY FURTHER QUESTIONS/CONCERNS email YEAR 6.
- WE ARE GOING TO HAVE AN AWESOME WEEK!