PGL PRESENTATION

Dates: Monday 21st September - Wednesday 23rd September

About the site

Coach leaves at around 11:30am and we will have packed lunches at PGL Liddington

We arrive back around the end of the school day on Wednesday.

Activities

Food

Children need to bring packed lunch for first lunch

On PGL site: **PGL Menu**

Allergies - before we leave details of allergies are shared - if you have any questions or there are special considerations for your child come and speak to us as soon as possible.

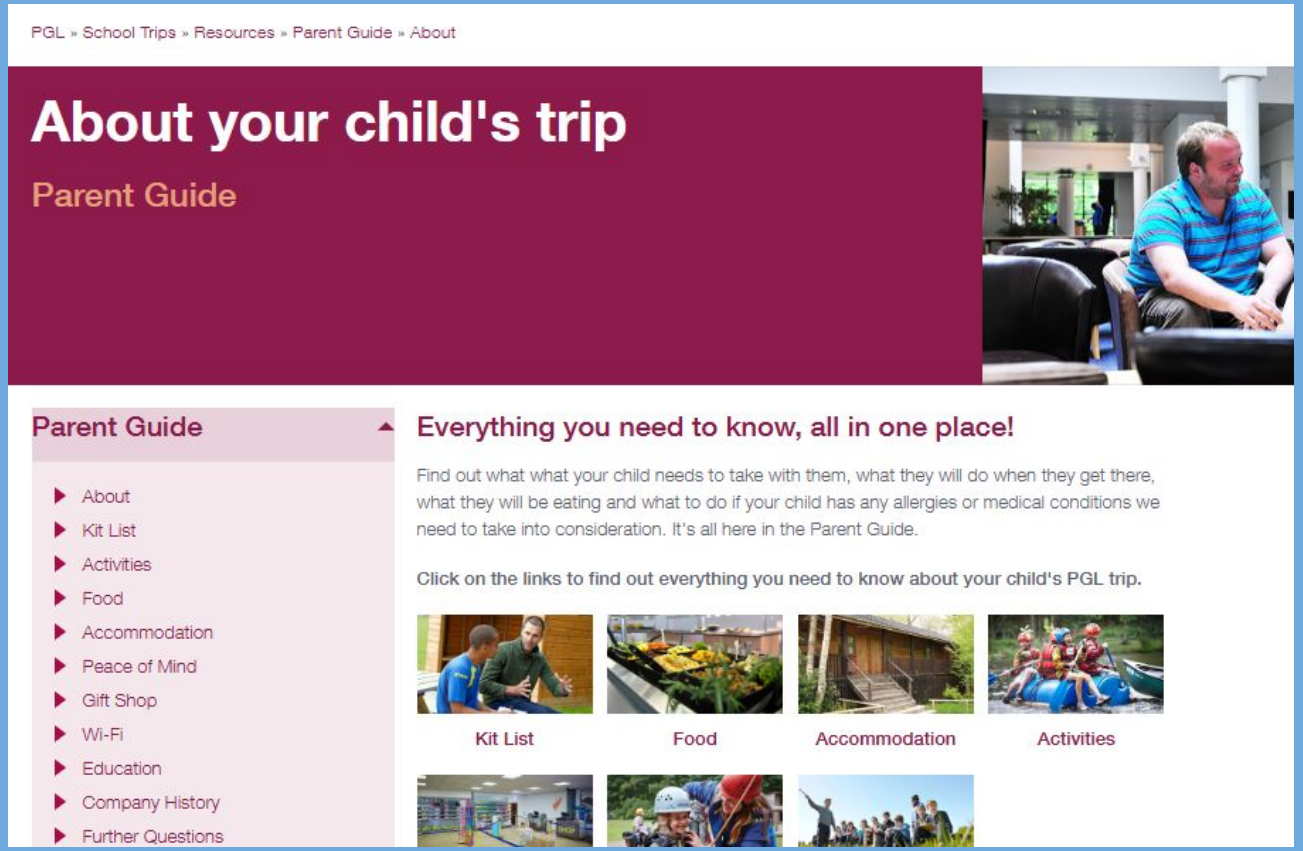
Sleeping arrangements

Rooms usually have four bunks

Each room has its own en suite

Children will be asked to list three children they would like to share with and we will try to ensure they have at least one of their friendship choices.

More information for parents



Kit list

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

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.

- ☐ Tops & jackets
  - ☐ T-shirts
  - ☐ Long sleeved shirt/T-shirts
  - ☐ Waterproof jacket
  - ☐ Fleeces/jumpers

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

- ☐ 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.

TRAVELLING IN THE...

...SUMMER?
- ☐ Shorts
- ☐ Baseball cap/sun hat
- ☐ Sunscreen

...WINTER?
- ☐ Warm coat
- ☐ Hat and gloves

FOOTWEAR

- ☐ 2 pairs of trainers → 1 for activities, 1 old pair for watersports
- ☐ 1 pair of dry shoes for evening activities

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

Contacting us while at PGL

- The first point of contact is school.

- Out of hours, there is a contact for PGL switchboard at PGL Liddington and we plan to notify you of an out of hours contact numbe