



PGL

Monday 22nd June – Friday 26th June 2026



PGL

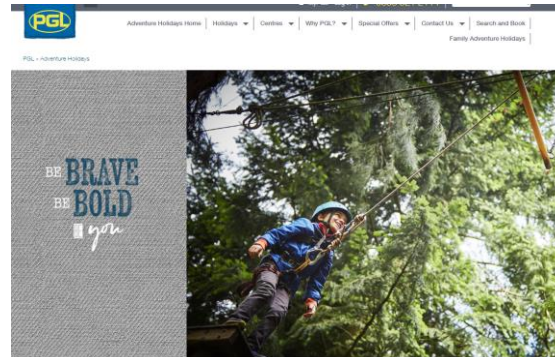
Adults:

To be confirmed

On site fully-trained staff who are all first-aiders

http://www.pgl.co.uk/en-gb/adventure-holidays/why-pgl#.V_PDYYgrLIU

Additional information?
Visit the website



Parent Guide



FAQ's for parents

Some of the activities include: **campfire, zip wire, problem solving, trapeze, Jacob's ladder, archery, giant swing, dragon boating and many more...**

Your child will love this trip!

Confidence
Independence
Teamwork
Resilience





The children
(and adults)
will have to
push
themselves and
face their
fears!





They will get wet and muddy!



Sample Day

- 7am wake up
- 8:15 Breakfast
- **9- 10:30 Activity 1**
- **10:45 – 12:15 Activity 2**
- Lunch
- **13:45- 15:15 Activity3**
- **15:30-17:00 Activity 4**
- Dinner
- **19:00 – 20:00 Evening activity/entertainment**
- 21:00 Lights out



WHAT TO BRING

Please ensure
that all items
are named.

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**
- ☐ **Fleeces/jumpers**
- ☐ **Tops & jackets**
- ☐ **Trousers or leggings**
but not jeans as they get heavy and cold when wet
- ☐ **Underwear & socks**
- ☐ **1 or 2 sets of clothes for the evening**
- ☐ **Suitable nightwear**

Your arms will need to be covered 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)
- ☐ **Torch** for evening adventures



PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Jewellery/valuables
- ✗ Aerosols

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

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these activities.

Kit List

Your child will need to bring a pillow and a sleeping bag/ or duvet. Bed sheets will be provided on the mattresses when we arrive. Unfortunately, children are **not** permitted to bring hair dryers or electric toothbrush chargers as these have not been safety approved.

Kit list Summary

- Your child will need to bring a pillow and a sleeping bag/ or duvet. Bed sheets will be provided on the mattresses when we arrive. Unfortunately, children are not permitted to bring hair dryers or electric toothbrush chargers as these have not been safety approved.
- Please ensure your child is prepared for all weather, lots of layers for warmth and sun protection. Your child will need two towels: one for activities and one to shower in the evening. They will need a pair of shoes which can get wet/muddy.

Reach your

FULL PGL POTENTIAL

with our freshly prepared menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Scrambled Eggs
Sausages
Bacon
Beans
Vegan Cumberland (ve)
Hash Browns

Scrambled Eggs
Sausages
Bacon
Beans
Vegan Cumberland (ve)
Mushrooms

Scrambled Eggs
Sausages
Bacon
Beans
Vegan Cumberland (ve)
Hash Browns

Scrambled Eggs
Sausages
Bacon
Beans
Vegan Cumberland (ve)
Mushrooms

Scrambled Eggs
Sausages
Bacon
Beans
Vegan Cumberland (ve)
Hash Browns

Scrambled Eggs
Sausages
Bacon
Beans
Vegan Cumberland (ve)
Mushrooms

Scrambled Eggs
Sausages
Bacon
Beans
Vegan Cumberland (ve)
Hash Browns

Available every day: Choice of Cooked & Continental Breakfast | Continental Options - Porridge, Selection of Cereals, Assorted Yoghurts & White or Brown Toast & Jam

LUNCH

Pizza
Choices:
Pepperoni
Margherita (v)
Vegan Margherita (ve)
Sides:
Potato Wedges

Pasta
Choices:
Mac 'N' Cheese (v)
Plant-based Bolognese (ve)
Tomato & Basil (ve)
Sides:
Garlic Bread

Hot Dog
Choices:
Pork Hot Dog
Plant-based Hot Dog (ve)
Sides:
Onions,
Skinny Fries

Hot Sandwich
Choices:
Ham & Cheese Baguette
Meatball Baguette (ve)
Fish Finger Sandwich
Sides:
Crisps

Burger
Choices:
Beef Burger
Plant-based Burger (ve)
Sides:
Cheese, Tomato Relish,
Onions, Curry Fries

Tacos & Fajitas
Choices:
Chicken
Plant-based (ve)
Soft Wrap
Crispy Shell
Sides:
Salsa, Tortilla Chips

Roast Dinner
Choices:
Roast Beef
Vegan Sausage Rolls (ve)
Sides:
Carrots, Broccoli, Peas,
Yorkshire Pudding, Roast
Potatoes, Gravy

Available every day: Homemade Soup of the Day or Tomato Soup & Bread Roll | Classic Sandwiches - Ham, Tuna Mayo or Cheese

DINNER

Piri Piri Chicken
Tuna Pasta Bake
Spaghetti & Meatballs (ve)
Sides:
Curly Fries, Baby Corn,
Green Beans
Spaghetti
Served with:
Tomato Sauce,
Grated Cheese

Chocolate Fudge Cake
with Ice Cream

Bangers & Mash
Chicken Chow Mein
Sausage & Bean Stew (ve)
Sides:
Mashed Potato, Broccoli,
Green Beans, Gravy
Penne Pasta
Served with:
Cheese Sauce,
Grated Cheese

Sticky Toffee Sponge
Cake with Ice Cream

Meatball Lasagne
Cod Goujons
Plant-based
Shepherd's Pie (ve)
Sides:
Garlic Bread, New
Potatoes, Country
Vegetables, Broccoli
Penne Pasta
Served with:
Tomato Sauce,
Grated Cheese

Chocolate Crispy Cake

Bacon Mac 'N' Cheese
Chicken Kiev
Vegetable Curry (ve)
Sides:
New Potatoes, Rice,
Mangetout, Carrots
Penne Pasta
Served with:
Cheese Sauce,
Grated Cheese

Apple Crumble
with Custard

Fish & Chips
Chicken Katsu Curry
Vegan Fish Fingers (ve)
Sides:
Skinny Fries, Rice,
Peas, Carrots
Penne Pasta
Served with:
Cheese Sauce,
Grated Cheese

Chocolate Eclairs

Fried Chicken
Pulled Pork Filled
Yorkshire Pudding
Spaghetti Bolognese (ve)
Sides:
Mashed Potato*,
Curly Fries, Broccoli,
Baby Corn, Gravy*
Spaghetti
Served with:
Tomato Sauce,
Grated Cheese

Belgian Waffles
with Ice Cream

Sweet Chilli Chicken
Fish Fingers
Butternut Squash
Wellington (ve)
Sides:
Potato Wedges, Country
Vegetables, Green Beans
Penne Pasta
Served with:
Cheese Sauce,
Grated Cheese

Chocolate Brownies

Healthy Choices

Available daily

Fresh fruit - every
mealtime

Unlimited salad from
our salad bar - lunch &
dinner



Unlimited Drinks

Coffee, tea, chilled squash

Dietary & Allergens

We can cater for a wide variety of food requirements when notified in advance, including allergies, intolerances, medical conditions, and those specified by culture and religion.

It may not always be possible to cater for more specific diets such as weight management programmes, organic etc.

This menu applies to weeks commencing:
25/04, 9/05, 23/05, 6/06, 20/06, 4/07, 18/07,
1/08, 15/08, 29/08, 12/09, 26/09, 10/10, 24/10,
7/11, 21/11, 5/12, 19/12



Gift Price List

STATIONERY

Postcard	<u>£0.30</u>
Jumbo Eraser	<u>£1.50</u>
Hologram Pencil	<u>£0.50</u>
PGL Pen	<u>£1.00</u>



TOYS

PGL Bounce Ball	<u>£0.50</u>
Flying Ring	<u>£1.50</u>
Singing Magnets	<u>£3.00</u>
PGL Football	<u>£5.00</u>



GIFTS

Selection of Key Rings	<u>from £2.00</u>
LED Torch	<u>£3.00</u>
PGL Dog Tags	<u>£2.50</u>



CLOTHING

PGL T-Shirts	<u>£4.00</u>
PGL Caps	<u>£5.00</u>

MUGS

PGL Mugs (Various Designs)	<u>£4.00</u>
Aluminium Water Bottle	<u>£3.00</u>

CONFECTIONERY

Pick 'n' Mix	<u>from £2.00</u>
Selection of Confectionery	<u>from £0.10</u>

Selection of Drinks	<u>from £0.70</u>
Ice Creams (Seasonal)	<u>from £1.20</u>



Your child is allowed to bring a maximum of £10 to spend at the shop onsite in a sealed bag with their full name and amount. We advise the money to be in coins and this will be kept in a safe.

£10 maximum

Dorms



Phone free trip

- Independence



We will be communicating with Miss Green every day and photos will be sent to you each day.

If you do not want your child to be in these photos, **please let the school office know.**

We will have all your contact details if needed
We will support your children through the trip

Payments

- 26 confirmed spaces.
- **Price to be confirmed**
- Deposit and three additional payments.
- All payments **must** be completed by our departure date or your child will not be able to attend.

The Trip!

Your child will need to be dropped off at school on the Monday.

We will need to register/complete preparations before departing.

If you would like to come to school and wave off your child, you are welcome to do so.

The Trip!

We take:

- The coach from school to Portsmouth
- The ferry from Portsmouth to Fishbourne
- The coach from Fishbourne to PGL

The journey is broken up with stops and opportunities for the children to get fresh air.

Return timings- TBC

- We will be returning on **Friday 26th June.** We will inform you of the exact time nearer the date as this is all arranged by PGL.

Any
questions?

