

## What to bring

Clothes are likely to suffer wear and tear, therefore several changes of old clothes will be needed for doing activities. Jeans are not suitable for activities as they get heavy and cold when wet and don't dry out quickly.

### Kit list

- Suitable nightwear
- Underwear (please note that for many activities, socks will need to cover ankles)
- Trousers/leggings for activities (not jeans)
- Shorts (summer groups)
- 1 pair of trainers for activities
- 1 pair of shoes for watersports (preferably old trainers)
- Pair of dry shoes for evening activities
- Fleeeces/sweatshirts for activities
- Long sleeved shirt/t-shirts (for activities where arms need to be covered)
- T-shirts
- Waterproof jacket/cagoule (and trousers if you have them)
- Warm anorak or similar (winter groups)
- Hat and gloves (winter groups)
- Baseball hat/sun hat (summer groups)
- 1 or 2 sets of clothes for the evening

### Other items

- One towel for showering
- One 'old' towel for wet activities
- Plastic drinks bottle
- Sunscreen (summer groups)
- Small rucksack/bag
- Labelled bin bag for wet and dirty clothing
- Washbag (including soap, shampoo and toothpaste)
- Sleeping bag/duvet and pillow (unless otherwise advised)

Groups taking part in study courses or sports weekends such as netball, dance etc. should bring appropriate clothing/shoes for these activities.

### Please don't bring

Electronic devices, computer games, jewellery/valuables etc. We understand guests like to bring mobile phones - this is at their discretion but please be aware these are not covered by our insurance.

### Lost property

Please label everything your child brings – indelible felt tip pens are useful for this. Children are responsible for their own belongings – it may be useful to provide a list of items packed. Lost property is hard to track down after a visit and there is a charge for returning items.

*"...learning outside the classroom contributes significantly to raising standards and improving pupils' personal and social development."* Ofsted Report

## Safety and security

Our excellent reputation for health and safety is based on over 55 years of successful operation and we comply fully with the recommendations of the UK Government and the Scottish Executive advice on taking school trips.



All PGL centres have been approved and awarded the Learning Outside the Classroom Quality Badge,

following inspection by the Adventure Activities Industry Advisory Committee.

## Insurance

Please check with the person leading the trip as to whether PGL insurance is included for the group.

### PGL insurance cover includes:

Organiser Liability; Medical Expenses; Personal Accident; Cancellation (e.g. illness or redundancy); Curtailment of Activity; Baggage; Personal Money; Personal Liability.

Excess: Please note there is an excess for some sections of cover.

A full copy of the insurance policy can be obtained from the person leading the trip or on the PGL website.

 **Find out more**  
[www.pgl.co.uk/insurance](http://www.pgl.co.uk/insurance)

## Contacting your child

Except in an emergency, we would prefer that you do not contact your child during their stay as we are not able to pass on phone messages or emails.

If in an emergency you do need to contact your child, please do so via their school or the teacher/Party Leader travelling with the group.



# Adventures in the UK

This leaflet contains information about your child's PGL trip.

For more details please visit our website [www.pgl.co.uk/parents](http://www.pgl.co.uk/parents)





## What is a trip with PGL like?

**A PGL experience is often the start of an amazing new journey for many children. Our outdoor adventure centres provide a safe, friendly and fun environment for children to try something new, challenge themselves and develop confidence.**

Established in 1957, we are trusted by over 7,000 schools and groups each year because we deliver unforgettable experiences with the best adventure activities, great food, comfortable accommodation and above all, outstanding staff.

Our adventure centres in the UK, France and Spain are designed specifically around the needs of our guests - see our website for more details.

Find out more  
[www.pgl.co.uk/parents](http://www.pgl.co.uk/parents)

*"The children had a fantastic time....to see them develop confidence, overcome fears and be brave was lovely. The trip exceeded my expectations. Thank you."*

Rosemary Works School

## A learning experience with a difference!

A trip with PGL offers significant opportunities to experience learning in a new environment.

The focus of all PGL courses is on developing self-esteem, peer support, confidence and positive attitudes which will contribute to raising motivation and achievement. But they are also lots of fun!

See our guest stories at  
[www.pgl.co.uk/stories](http://www.pgl.co.uk/stories)

## A packed programme!

The sample itinerary below is an example of some of the things you might expect your child to be doing at a PGL centre.

Please note that this is a sample programme only. Groups taking part in study or sports programmes will have study sessions, matches or excursions as part of their programme.

Experience a day at PGL  
[www.pgl.co.uk/360video](http://www.pgl.co.uk/360video)

## About the PGL centre

PGL centres come in many different shapes and sizes but they all have some important things in common. They are all set in stunning locations, have a great range of activities and facilities and are safe, friendly environments. Use our website to find out more about the centre your child is visiting. There are virtual tours available for our larger centres where you can view 360s of rooms, facilities and explore the centre grounds. There are also activity videos and photos to see.

Find out more with our virtual tours [www.pgl.co.uk/schools](http://www.pgl.co.uk/schools) [www.pgl.co.uk/groups](http://www.pgl.co.uk/groups)

## Accommodation

Most accommodation is in en suite multi-bedded rooms; however different centres provide different accommodation types. We have everything from tents on purpose-built campsites to en suite rooms in log cabins and small dormitories in mansion houses. The teacher or Party Leader organising your child's trip will be able to advise you on the type of accommodation they have booked.

## Guests with disabilities / additional needs

Many of our activities are accessible for people with additional needs. For details of accommodation and to discuss a suitable programme, please ask the Party Leader to talk to us directly about your child's particular requirements.

Find out more  
[www.pgl.co.uk/additionalneeds](http://www.pgl.co.uk/additionalneeds)



## Food & drink

Tasty and healthy, we take our food very seriously! Meals at PGL are freshly prepared and designed to provide all the nutrition your child needs, including plenty of fresh fruit, vegetables and salads to encourage a healthy lifestyle - and plenty of carbohydrate for energy! Water and squash are available at meals and hot drinks are available at breakfast too.



There is always a vegetarian option at every meal - but please let the teacher or Party Leader know in advance.

We are familiar with most dietary requirements, so if your child suffers from any allergies or has a special diet for any reason, just make sure the person organising the trip knows about this.

In addition there are vending machines and a small retail shop on all centres.

Find sample menus at  
[www.pgl.co.uk/menus](http://www.pgl.co.uk/menus)

## A sample week at PGL

N.B. This is a sample itinerary taken from a Multi-Activity course. Other courses are available and sessions will vary.

### Day 1

Arrive and unpack



Dinner  
Evening Entertainment  
Capture the Flag

### Day 2

Breakfast

High Ropes Course  
Challenge Course

Lunch

Abseiling  
Jacob's Ladder



Dinner  
Evening Entertainment  
Robot Wars

### Day 3

Breakfast

Giant Swing  
Zip Wire

Lunch

Canoeing



Dinner  
Evening Entertainment  
Quiz Show

### Day 4

Breakfast

Archery  
Low Level Ropes Course

Lunch

Raft Building



Dinner  
Evening Entertainment  
Disco

### Day 5

Breakfast

Climbing  
Tunnel Trail

Lunch

Depart centre



Find out more on our website

- ✓ Centre virtual tours
- ✓ Guest videos
- ✓ Photo galleries
- ✓ Accommodation
- ✓ Activities

[www.pgl.co.uk](http://www.pgl.co.uk)