

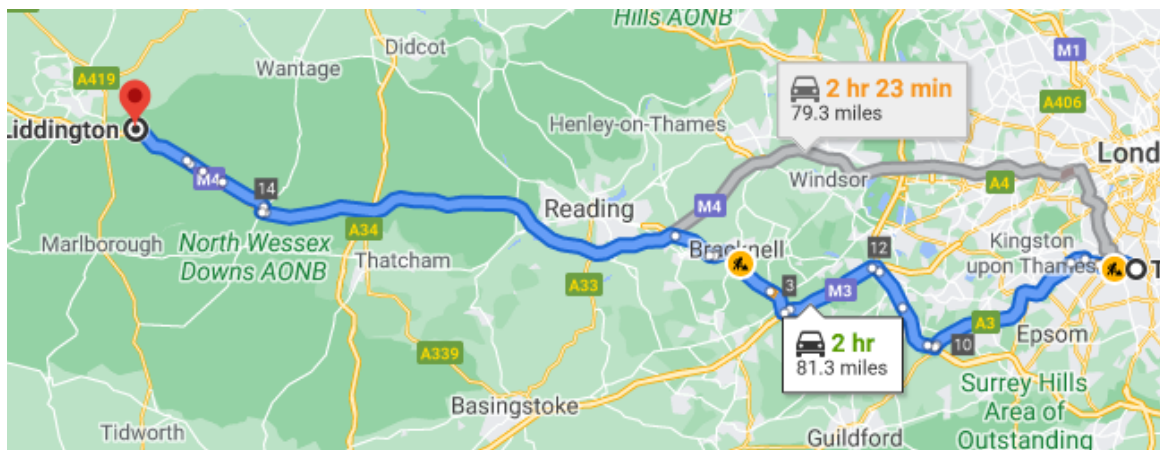


Year 6



Residential Trip

Monday 28th March - Wednesday 30th March 2022





Liddington

One of PGL's newest centres

- ▶ Accommodation:
- ▶ 3-6 bedded en-suite rooms situated close together. Party leaders are close by to oversee their group's corridors.



Food and Drink:

- ▶ Dietary requirements catered for
- ▶ Fresh fruit, vegetables and salads are available at every meal.
- ▶ Water and squash available at all meals.
- ▶ Continental and three hot options for breakfast, including vegetarian.
- ▶ 2 course dinner with a range of options.



Itinerary



Monday	Tuesday	Wednesday
8:45 School Starts	7:00 - 8:50 Wake up & breakfast	7:00 - 8:50 Wake up & breakfast
10:00 Coach departs	8:50 - 12:00 Two activities	8:50 - 12:00 Two activities
12:30 Arrive at PGL (Packed lunch and rooms)	12:00-1:50 Lunch	12:00-1:50 Lunch
2:00 First activity	1:50-5:00 Two activities	2:00 Coach Departs
3:30 Second activity	5:00-7:00 Evening meal	4:30 Arrive back at school
5:00 - 7:00 Evening meal	7:00-9:00 Evening Activity	
7:00 - 9:00 Evening activity	9:00 Bedtime	
9:00 Bedtime		



Activities

Wide Range of Activities:

- ▶ Abseiling
- ▶ Archery
- ▶ Raft Building
- ▶ Quad Biking
- ▶ Zip wire
- ▶ Tree-top Study Trail
- ▶ Fencing
- ▶ Climbing
- ▶ Trapeze





Kit List



**Sleeping bag
and pillow
is required**

KIT LIST UK CENTRES



WHAT TO BRING

A number of the things we do result in people getting wet at some point. It is therefore necessary for guests to bring waterproof clothing and footwear with them. The weather on the Isle of Arran is notorious for providing all seasons in one day. Planning ahead and packing appropriately makes a big difference.

KIT LIST

- Suitable nightwear
- Underwear (please note that for many activities, socks will need to cover your 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
- Fleeces/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 (and final night disco)

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 sports weekends such as netball, dance etc. should bring appropriate clothing/shoes for these activities

PLEASE DON'T BRING

Mobile phones; electronic/computer games; jewellery/valuables etc.

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 small charge for returning items.



PGL Packing Guide

Our top 20 essentials to pack for a PGL trip

You'll have more fun if well prepared!



1.

NIGHTWEAR & UNDIES

Don't forget that for some activities you'll need socks that cover your ankles. Yes, really!

2.

TOWELS

One for the shower and one for drying off after water activities

3.

TROUSERS/LEGGINGS FOR ACTIVITIES

At least 3 pairs but NOT jeans - if you get wet they are really uncomfortable and they take forever to dry.

4.

SHORTS

At least 2 pairs, although you might not need these in the winter!

5.

TRAINERS FOR ACTIVITIES

They don't need to be anything special as they could get muddy.



6.

SHOES FOR WATERSPORTS

They'll probably get wet, so old trainers or similar are best.

7.

SHOES FOR INDOORS & EVENINGS

The shoes you wear for activities may get muddy so bring another pair for the evenings/indoors if you can.

8.

FLEECES/ SWEATSHIRTS

It's not cool to be cold! Bring layers - even in Spain or the South of France the evenings can be chilly.



9.

LONG SLEEVED T-SHIRTS/TOPS

They don't need to be anything special as they could get muddy.

10.

T-SHIRTS/TOPS

Old ones are fine.

11.

WATERPROOF JACKET/COAT

Yes, you will still be doing activities even if it rains!

12.

EVENING CLOTHES

You might get wet or muddy doing activities so you'll need one or two sets of clothes for the evenings and final night disco.

13.

A HAT

Keep the sun off or the heat in! Depending on the time of year, you'll need either a sunhat or a warm hat for the winter.



14.

SWIMMING KIT

You'll also need a rash vest if you are going to Spain or the South of France.

15.

SLEEPING BAG/ DUVET & PILLOW

Check that this hasn't been included as part of your booking.



16.

TORCH

Shhh...if you need something in the middle of the night, you need to be able to see what you're doing without waking everyone up!

17.

PLASTIC BAGS FOR WET CLOTHES

Lake water doesn't smell good after a couple of days so make sure you can keep your wet stuff separate!

18.

SMALL BAG/DAYSACK

You'll need to take dry clothes to change into after some activities.

19.

REFILLABLE WATER BOTTLE

Be well hydrated! PGL centres have plenty of places where you can refill a water bottle.



20.

TOOTHBRUSH (& TOILETRIES)

Soap, shower gel, toothpaste etc. Don't forget sunscreen is essential in summer.



Arrival and Departure

- ▶ Children will arrive to school at 8:45am and come through the main entrance into the hall.
- ▶ The coach will depart at 10:00am sharp.
- ▶ Please ensure your child has a packed lunch on that day with water.
- ▶ Make sure your child is wearing old clothes on the day of departure as they will be partaking in activities once they arrive at the facility.
- ▶ The coach will be leaving on Wednesday at around 2:00 pm. Adults will contact the office when the coach is departing and a text to parents will be sent out indicating what time the coach will arrive at The Sherwood.
- ▶ Upon arrival to the school, the children will go into the hall where they will be registered and be dismissed by a member of staff.



Medical Needs

- ▶ Medication can only be administered if it is prescribed.
- ▶ With regard to antihistamines, we require written permission from the parent stating the dosage of antihistamine (not the brand name) to be taken daily.
- ▶ If your child has any medication that needs administering during the trip please label it and bring it to the class teacher on the morning of the trip.
- ▶ If your child needs any medication for travel sickness, please administer this prior to departure.
- ▶ Upon return, either prescribed motion sickness tablet or a travel wrist band can be administered.

Technology



- ▶ No mobile devices brought on the trip.
- ▶ In case of emergency, contact the office and they will forward to message to the adults on the trip.
- ▶ If parents need contacting, it will be done via the office.

Spending Money



- ▶ Your child will have the chance to spend money in the PGL tuck shop.
- ▶ They can have a maximum of £5.00.
- ▶ On the morning of departure, please give the money in a labelled money bag/envelope to your class teacher.



Questions

Thank you for coming!

