



V E N N

# **PGL Residential Trip 2023**

# PGL – What is it?



Just ten miles north of Grantham, there's over 65 acres of space for your children to enjoy at Caythorpe Court, packed full of adventure activities on land and water. From high ropes to the giant swing, each challenge will help pupils reach further and achieve more.

The 3-day, 2-night residential will take place on  
**Wednesday 13th September**  
to  
**Friday 15th September 2023**

The price of the trip per child will be **£280.00**. The price will include accommodation, activities, breakfast, lunch, dinner, supper, bedding and transportation. The only additional cost to parents will be if they wish to provide a little spending money.

## Our Centres



# PGL – Why should I go to PGL?



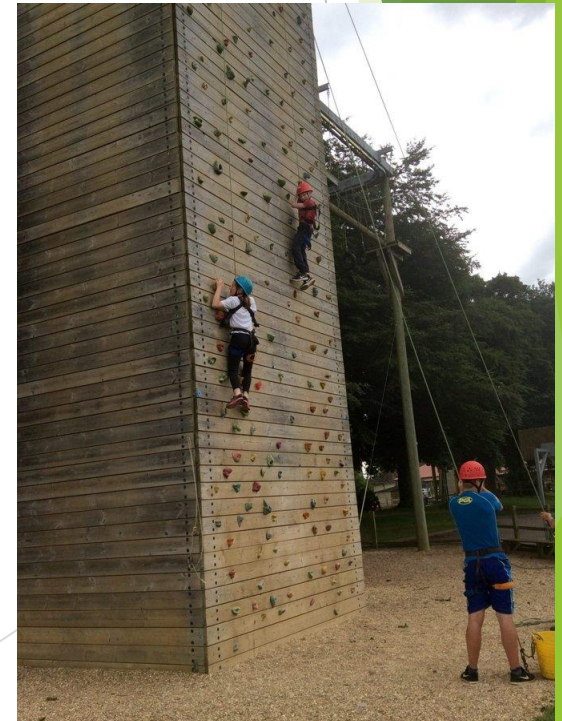
Build relationships  
Develop perseverance  
Demonstrate team work  
Improve their social skills  
Challenge themselves  
Take risks



# PGL – The Activities



All activity sessions are led by well trained, enthusiastic instructors and are specially designed to motivate, build confidence and encourage development in pupils.





# PGL – The Activities





# PGL – The Activities





# PGL – The Grounds

Over 65 acres of space for your children to enjoy.



Safe!



# PGL – The Accommodation



Dormitory-style rooms in a range of accommodation blocks and lodges.

Pupils - En suite rooms with bunk beds sleep 3-8





# PGL – The Food

All meals are freshly prepared, balanced and will give your child plenty of energy to keep them going throughout the day.

- A mix of hot and cold meals with vegetarian options
- Self-service salad bar
- Fresh fruit with every meal
- Allergies, intolerances and special diets catered for



# PGL – A Typical day at PGL

## Sample Day

Schedule	Activities
07.00 - 08.50	Get up, get ready and fuel up for the day ahead with a hearty breakfast.
08.50 - 12.00	Morning activities - 2 sessions with a 10 minute break in-between.
12.00 - 13.50	Enjoy a fresh and tasty two-course hot lunch and some free time.
13.50 - 17.00	Afternoon activities - 2 sessions with a 10 minute break in-between.
17.00 - 19.00	Time to eat again - a different dinner menu each day.
19.00 - 21.00	Discos, campfires, quizzes and more - our evening entertainment programme keeps everyone engaged until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's ready to do it all again tomorrow!



# PGL – What will I need?

**PGL** **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.

- ☐ **Tops & jackets**
  - ☐ T-shirts
  - ☐ Long sleeved shirt/T-shirts
  - ☐ Waterproof jacket
  - ☐ Fleece/jumpers
- ☐ **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.*

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

### 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)

### TRAVELLING IN THE...

#### ...SUMMER?

- ☐ Shorts
- ☐ Baseball cap/sun hat
- ☐ Sunscreen

#### ...WINTER?

- ☐ Warm coat
- ☐ Hat and gloves

### 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.

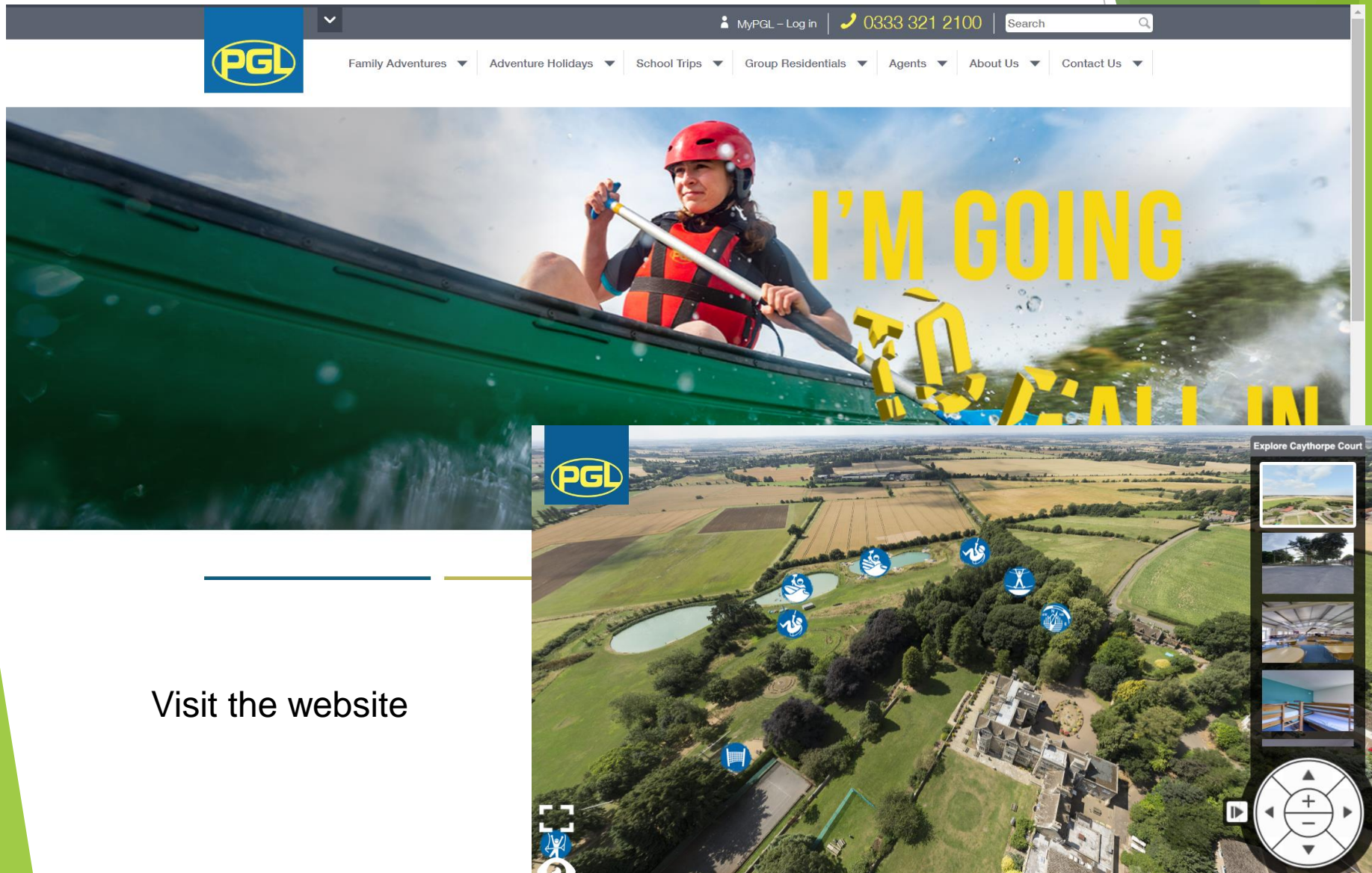
### Lost property

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.

# More information



Visit the website



# So what now?

If you want your child to go, please take and complete the letter.

If you have any questions regarding the trip please contact the school office in the first instance.