

PGL Caythorpe Court 28th Sept – 2nd Oct 2026



Why are we going?

- PE Curriculum – outdoor & adventurous
- Team-building skills and learning to work together with a range of people
- Emotionally supporting others
- Developing new friendships and bonds
- Social and emotional development when away from parents and home
- Developing skills of resilience, risk-taking, perseverance, determination, initiative, independence

Departure

Leaving at 9:45am.

Children to arrive at school at normal time.



We will eat a packed lunch when we arrive– please bring in a disposable bag. Can bring a snack too.

Welcome to come to see us off.



Arrival

Room allocations.

Meeting group leaders.

Orientation tour.

First activity (long sleeves, long trousers).

Unpacking.

Food

Extensive menu.

Unlimited salad bar.

Three cooked meals a day

Snacks for the journey but no food in rooms



Hot Options

Bacon [GF](#)

1 Childs Serving, 1 Rasher ⓘ

1 Adult Serving, 2 Rashers ⓘ

100g ⓘ

Vegetable Sausage [V](#) [VE](#) [GF](#)

1 Childs Serving, 1 Sausage ⓘ

1 Adult Serving, 2 Sausages ⓘ

100g ⓘ

Baked Beans [V](#) [VE](#) [GF](#)



Hash Brown [V](#) [VE](#) [GF](#)

1 Childs Serving, 1 Hash Brown ⓘ

1 Adult Serving, 2 Hash Browns ⓘ

100g ⓘ

Plum Tomato [V](#) [VE](#) [GF](#)

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

Toast with Sunflower Spread & Jam [GLU](#)

Self Serve Light Options

Corn Flakes with Semi Skimmed Milk [Gluten Free Alternative Available](#) [V](#)

3/4 Bowl with 150ml semi skimmed milk ⓘ

100g ⓘ

Crisp Puffed Rice with Semi Skimmed Milk [V](#)

Wheat Biscuits with Semi Skimmed Milk [V](#) [VE](#)

2 Wheat Biscuits with 150ml semi skimmed milk ⓘ

100g ⓘ

Fat Free Natural Yoghurt [V](#) [GF](#)

Homemade Beef Bolognese [GF](#)

Beef mince cooked in a traditional bolognese sauce

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

Homemade Vegetable Ratatouille [V](#) [VE](#) [GF](#)

Courgettes, onions and mixed peppers in tomato sauce

1 Childs Serving ⓘ



Penne Pasta [Gluten Free](#) [AI](#)

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

Garlic Bread [V](#)

2 Slices ⓘ

100g ⓘ

Chicken Katsu Curry

*Breaded chicken fillet served with a mildly s
sauce*

1 Childs Serving, 1 Chicken Fillet ⓘ

1 Adult Serving, 2 Chicken Fillets ⓘ

100g ⓘ

Quorn™ Vegan Nuggets V VE

Homemade Mac 'n' Cheese Gluten Free Alternative Available

Macaroni pasta cooked in a cheddar cheese sauce, topped with me

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

Penne Pasta with Tomato Sauce & Grated Cheese

Gluten Free Alternative Available V

White Rice V VE GF

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

Whole Green Beans V VE GF

Dessert —

Chocolate Brownie ⓘ



Accommodation

- Ensuite rooms sleep 4-8
- Children choose 3 children to share with and at least one is guaranteed.



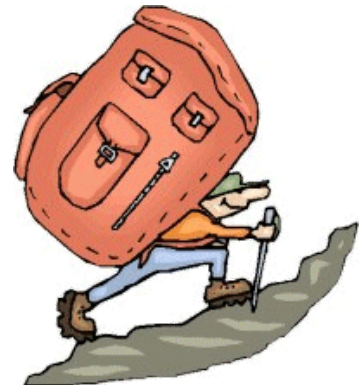
The activities

Allocated and shared when we arrive

Split into four groups - one qualified instructors per group per activity.

Have a go!

No jewellery. Hair tied back.











The timetable

Get up at 8am.

Breakfast at 8:15am.

4 activities a day, time to change in between.

Tea at 6pm-ish.

Evening activity.

Bedtime catch-up.

Into bed by 9:45 and lights out at 10.



Kit List

Named.

Pack together.

OLD clothes. We will get muddy!

Sun protection – hat, cream,
water bottle.

No jeans.





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
- ☐ 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.



FOOTWEAR

☐ 2 pairs of trainers

1 for activities
1 old pair for watersports

☐ 1 pair of dry shoes for evening activities



We recommend that all visitors wear closed-toe footwear while on site due to uneven terrain and safety considerations around activity areas

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



Medication



To be handed in at least one week prior to departure, along with the form stating dose etc.

One form per medication even if we hold it in school.

We take Calpol, Ibuprofen and antihistamines.

Valuables

No mobile phones.



No devices to be brought, including smart watches.

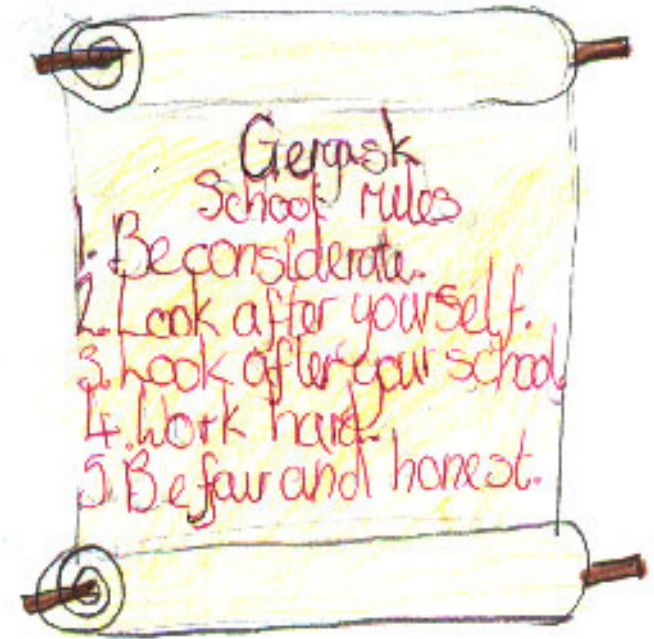
Don't need money but can bring up to £5 for PGL merch!

Bring a camera if you can - you will want photos. We will take iPads too.

Expectations

School expectations.

PGL centre rules.



We will look at this at school before we go and children will sign to say they agree to these expectations.

Returning home

Leaving after activities on Friday.

Travel sickness tablets.

Arriving back at 3:10pm.

Assume we are on time.

School will email with ETA.

