



PGL Trip Important Info

I have summarised hopefully all of the information you will need regarding your son/daughter attending the PGL residential. If you have any questions, please email me. cri@birkenheadparkschool.com

Dates: Monday 24th March – Wednesday 26th March

Itinerary – timings are a rough guide

| Time | Activity |
|--|--|
| Day 1 Monday 24th March | |
| 08:30 | Arrive in school – Go straight to the Sportshall to register |
| 09:00 | Carvers Coaches leaving school |
| 10:30 | Arrive at PGL |
| 10:30 – 12:00 | Team Building Games led by CRI / BRO |
| 12:00-12:30 | Tour of site |
| 12:30-13:15 | Check into rooms |
| 13:15-14:00 | Lunch – grab bags from school |
| 14:00-17:20 | Activities – High Ropes and Archery |
| 17:20-18:20 | Evening Meal |
| 18:20-19:30 | Time in rooms |
| 19:30-20:30 | Evening Activities – Quiz led by PGL |
| 20:30-21:00 | Rooms – Relax and wind down |
| 21:00 | Lights out |
| Day 2 Tuesday 25th March | |
| 08:15-09:00 | Breakfast |
| 09:30-12:10 | Activities – Kayaking |
| 12:10-14:10 | Lunch / Relax in rooms / Games if time |
| 14:10-17:20 | Activities – Trapeze, Axe Throwing |
| 17:20-18:20 | Evening Meal |
| 18:20-19:30 | Time in rooms |
| 19:30-20:30 | Evening Activities – Games led by PGL |
| 20:30-21:00 | Rooms – Relax and wind down |
| 21:00 | Lights out |
| Day 3 Wednesday 26th March | |
| 08:15-09:00 | Breakfast |
| 09:30-12:10 | Activities – Abseiling, Fencing |
| 12:10-13:00 | Lunch |
| 13:00-13:30 | Pack up ready to leave |
| 13:45 | Depart PGL |
| 15:00 | Arrive at BPS for dismissal |

What to bring:

- Small/medium suitcase or holdall.
- Toiletries: shower gel, toothbrush, toothpaste, shampoo.
- Towel.
- Pyjamas/Nightwear.
- **Duvet & pillow or a sleeping bag. Students will have bunk beds with fitted sheets but need to bring their own bedding duvet/sleeping bag.**
- Underwear & socks.
- Activity clothing: Warm, comfortable, old clothing they can layer up and are happy to get muddy/wet. i.e tracksuits, leggings, hoodies, jumpers, long sleeved tops.
- Trainers – minimum of 2 pairs, one that could get wet during kayaking. 3 pairs would be ideal to ensure a dry pair for the evening activities.
- Waterproof coat – activities are all outdoors.
- Evening clothing: they might want to change for the evening, this is optional.
- They don't need tons of outfits! Bring extra clothing and trainers if they have them for Wednesday afternoon, in case they get wet during Kayaking in the morning.
- Bobbles to tie up long hair.
- Refillable water bottle.
- Snacks/drinks for rooms (no nuts). Crisps, biscuits etc.
- Small amount of money for the snack shop is optional. No more than £10. Breakfast, lunch & tea is provided.
- Bin bag for dirty clothes to go back into their suitcase/holdall.
- Phone charger.

Other info:

- Students are allowed to bring mobile phones but must leave them in the rooms during the activities.
- Leave jewellery & expensive watches at home to avoid them getting broken or lost.
- Bedrooms will be either 4 or 6 students to a room of either all boys or all girls. Students will be separated by staff rooms in the same block. I will ask students before we go, who wants to share rooms.
- Behaviour – I am sure all students will do us proud throughout and display our school values. However, please know that students can be sent home for any gross misconduct.
- I will take a school phone, should you need to contact me in an emergency. Signal isn't great in the area. I will send updates back to School so please be following our BPS Facebook page. Phone Number to be given out nearer to the time we go (awaiting a new sim card).
- For Kayaking, students will be given a buoyancy aid but please let CRI know if your child is **NOT** a **confident swimmer**. They can still take part, this is not a problem.

Myself, Mr Brown, Mr Huyton, Mrs Williams and Mr Roz are all looking forward to the trip!

Kind regards,

Mrs Critchlow

Head of PE & Food Technology

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
 - 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 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)
- Hair ties for long hair
- Torch
- Pocket money £10-20 Recommended

TRAVELLING IN THE...

...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen

...WINTER?

- Warm coat
- Hat and gloves

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.

What to wear

We have included some guidance on what to wear and what not to wear for the activities we are most often asked about. Please note, activities vary at each centre and final activity itineraries are planned by each centre.

Water-based activities

- ✓ Old trainers/water shoes
- ✓ Warm clothing
- ✓ Layers
- ✓ Old clothes
- ✓ Swimwear (for some water activities)
- ✗ Flip flops/crocs/sandals
- ✗ Wellies
- ✗ Jeans

Rope sessions

- ✓ Sturdy footwear
- ✓ Tops to cover the shoulders
- ✓ Shorts that cover the thighs
- ✓ Long trousers
- ✗ Flip flops/crocs/sandals
- ✗ Denim shorts

Muddy activities

- ✓ Old trainers
- ✓ Long trousers (waterproof if possible)
- ✓ Layers
- ✗ Flip flops/crocs/sandals
- ✗ Shorts

PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Food items that contain nuts
- ✗ Jewellery/valuables
- ✗ Aerosols

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