

23.01.2026

Year 5 and 6  
PGL  
residential  
2026





Welcome

# What is PGL?

- Officially - Peter Gordon Lawrence
- Unofficially - Parents Get Lost!!!

# What is PGL?

- For young people, teachers, group leaders and parents, PGL is the UK's leading outdoor education provider, delivering inspirational learning through adventure.
- PGL specialise in educational activity courses and residential school trips.

Winmarleigh Hall is approximately 1 hour  
15 minutes away by coach.



[https://www.canva.com/design/DAFZbw4aZKk/AgwvKwc4mvbtD-icOQwEWg/view?utm\\_content=DAFZbw4aZKk&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=viewer](https://www.canva.com/design/DAFZbw4aZKk/AgwvKwc4mvbtD-icOQwEWg/view?utm_content=DAFZbw4aZKk&utm_campaign=designshare&utm_medium=link&utm_source=viewer)

Winmarleigh Hall is approximately 1 hour  
15 minutes away by coach.



<https://schoolsandgroups.pgl.co.uk/centres/winmarleigh-hall/>

# Accommodation

- Accommodation set in a magnificent 18th century building.
- Children share a dormitory with their friends. Rooms have anything from 8 to 12 beds.
- Children **MUST** bring a sleeping bag **OR** duvet and a pillow.
- Teachers will be in their own rooms close to the children's dormitories.
- School will decide on the room allocations but friendship groups will be considered.

**Monday 23rd February -  
Wednesday 25th February, 2026**

**Monday 23rd February: Depart from school at  
10:00am**

**Wednesday 25th February: Depart from PGL  
at approximately 1:30pm to arrive back at  
school by 3:00pm**

# Departure from school

- Children to be in school to be registered at 9:15am. Bring all luggage and kit that morning to the hall side door.
- Leave school at 10:00am.
- Travel by coach to PGL.
- Luggage will be stored in a room at PGL and children will have access to their dorms from 5:00pm.
- Children will need to bring a packed lunch from home to eat when we arrive. This is NOT to be eaten on the coach!
- Please let us know if your child is travel sick.
- Activities begin after lunch on the first day - outdoors most of the time.

# What to bring?

- It is not necessary to bring all items given on the suggested clothing list; this is only a guide to items which it may be useful to include.
- We would advise practical, hard-wearing clothing suitable for the inevitable wear and tear on an activity course. February weather can be extremely cold so appropriate coats and trousers are essential.
- All specialist equipment, including buoyancy aids and helmets, are provided by PGL.
- Money - £10 to £20 to visit the gift shop. This will not be spent on sweets!

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.

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



## TRAVELLING IN THE...

**...SUMMER?**

- Shorts
- Baseball cap/sun hat
- Sunscreen

**...WINTER?**

- Warm coat
- Hat and gloves

Get money £10-20 Recommended

### 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
- ✓ Swim wear (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.



# What not to bring

- Mobile phones - teachers will have their phones should we need to make contact;
- Cameras - staff will take plenty of photographs to share with you;
- iPads, tablets or other mobile devices - children will be extremely busy during the day and in the evenings;
- Expensive watches and smart watches;
- Aerosol sprays - the fire alarm is sensitive in order to ensure high standards of fire safety. Aerosols sprayed near any of the many smoke alarm sensors can set off the fire alarm for the whole centre.

# Medical

- Please take a form home today and return to Mrs Davies as soon as possible. This contains all relevant medical and dietary requirements.
- Any medicines / inhalers, etc. needed should be brought to school in a labelled bag and handed to Mrs Davies. This will remain with staff and administered according to your instructions.
- Please note that only medicines prescribed by your GP can be administered.

# Meals

- Special dietary requirements catered for.
- Always a vegetarian option available.
- Cooked breakfast each morning.
- Lighter lunch provided.
- Cooked evening meal.
- A lighter lunch is provided.
- Water is available throughout the day.
- Fresh fruit is available throughout the day so that drinks and a healthy snack are available when needed.
- Hot or cold drinks are also available for children when out on activities.
- Hot drink and biscuits are offered to all children before bedtime.

# Meals

## Breakfast:

- ☐ Cereals and toast are available for breakfast each morning, together with a cooked breakfast. Children may choose from sausage, beans, bacon, hash browns and toast.

## Lunch:

- ☐ Children **MUST** bring a packed lunch to eat on their arrival at the centre.
- ☐ Sandwiches are offered each day. Wraps and other alternatives will be offered on days two and three. A selection of sandwich fillings are offered which typically include ham, cheese, jam and tuna.
- ☐ Fruit, crisps and a chocolate biscuit are also offered.

# Meals

## Evening Meal:

- Curry, Fish Fingers, Pasta Bolognese or Baked Potato. Sweets offered include ice cream and chocolate mousse.
- Juice and water is available with all meals.
- Hot or cold drinks are also available for children when out on activities.
- There is always a choice available. Children will be asked by their group leader on the first day to choose their meals for the rest of the stay.

# Breakfast - Sample

Available every day: porridge with toppers, selection of cereals , assorted yoghurts (v), white or brown toast (ve) & jam

Pork Sausages  
Gluten Free

## ALLERGEN INFORMATION

1 Childs Serving, 1 Sausage ⓘ

1 Adult Serving, 2 Sausages ⓘ

100g ⓘ

Hash Browns [v](#) [VE](#) [GF](#)

1 Hash Brown ⓘ

2 Hash Browns ⓘ

100g ⓘ

Corn Flakes with Semi Skimmed Milk [v](#)

3/4 Bowl with 150ml Semi Skimmed Milk ⓘ

100g ⓘ

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

3/4 Bowl with 150ml Semi Skimmed Milk ⓘ

100g ⓘ

Weetabix™ with Semi Skimmed Milk [v](#) [VE](#)

2 Weetabix™ Biscuits with 150ml Semi Skimmed Milk ⓘ

100g ⓘ

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

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

Vegetable Sausages [v](#) [VE](#) [GF](#)

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

Fresh Mushrooms [v](#) [VE](#) [GF](#)

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

Toast with Sunflower Spread & Jam [Gluten Free Alternative Available](#) [v](#)

2 Slices ⓘ

100g ⓘ

6oz Ladle Porridge with Toppings [v](#)

6oz ladle with Toppings ⓘ

100g ⓘ

# Lunch – Sample

## 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 ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Tuna Mayo Roll [Gluten Free Alternative Available](#)

2 Rolls ⓘ

100g ⓘ

## Ham Roll [Gluten Free Alternative Available](#)

2 Rolls ⓘ

100g ⓘ

## Grated Hard Cheese [V](#) [GF](#)

1 Serving ⓘ

100g ⓘ

## Sheese Vegan Sandwich [Gluten Free Alternative Available](#) [V](#) [VE](#)

1 Serving ⓘ

100g ⓘ

## Cheese Roll [Gluten Free Alternative Available](#) [V](#)

2 Rolls ⓘ

100g ⓘ

## Penne Pasta [Gluten Free Alternative Available](#) [V](#) [VE](#)

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Garlic Bread [V](#)

2 Slices ⓘ

100g ⓘ

# Dinner – Sample

## Chicken Tikka Masala **GF**

*Chicken strips in a mild tikka sauce with carrots and potatoes*

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Homemade Cottage Pie **GF**

*Beef mince, cooked in gravy with onions, peas & carrots topped with mashed potato.*

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Vegetable Korma **V VE GF**

*Mixed vegetables cooked in a mild korma sauce*

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Penne Pasta with Tomato Sauce & Grated Cheese **Gluten Free Alternative Available V**

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## White Rice **V VE GF**

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Sweetcorn **V VE GF**

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Green Cabbage **V VE GF**

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Wibble™ Raspberry Jelly **V VE GF**

1 Serving ⓘ

100g ⓘ

# Evening/bedtime

- Evening activities finish at 9.00pm and there is then a settling down period of around 30 minutes when the children meet with their teachers.
- Following on from washing and brushing teeth the children are in bed with lights out by 10:00pm.
- There is a team of PGL staff timetabled on 'bedtime' duty, along with the teachers, to ensure that all children get settled and to sleep in their dormitories reasonably quickly.
- Once the children are quiet and mostly asleep the number of staff on duty reduces to just Corinthian staff on site.

# Mornings

- In the morning, from around 7.00am, additional staff are timetabled on 'wake-up' duty. The wake-up duty staff will come to the dormitory door in time to get the children up and dressed, with all their kit packed as required for the day's activities.
- Children get ready for breakfast, which is served at either 7:30 or 8:00am.
- Children are encouraged to take part in all but will not be made to at any time if they don't want to.

# Activities

	Group	Meeting Point	Group Leader	Session 1 9:00 - 10:30	Session 2 10:40 - 12:10	Session 3 14:00 - 15:30	Session 4 15:40 - 17:10	Evening 19:30 - 20:30	
<b>Monday</b>	1					Giant Swing (GS1)	Aeroball (AE1)		Campfire (CF1)
	2					Aeroball (AE1)	Giant Swing (GS1)		Campfire (CF1)
	3					Trapeze (TR1)	Problem Solving (PS1)		Campfire (CF1)
	4					Problem Solving (PS1)	Trapeze (TR1)		Campfire (CF1)
<b>Tuesday</b>	1			Canoeing (OC1)	Archery Tag (AT1)	Trapeze (TR1)	Orienteering (OR1)		Ambush (AMB1)
	2			Archery Tag (AT1)	Canoeing (OC1)	Orienteering (OR1)	Trapeze (TR1)		Ambush (AMB1)
	3			Canoeing (OC2)	Archery Tag (AT2)	Zip Wire (ZG1)	Orienteering (OR2)		Ambush (AMB1)
	4			Archery Tag (AT2)	Canoeing (OC2)	Orienteering (OR2)	Zip Wire (ZG1)		Ambush (AMB1)
<b>Wednesday</b>	1			Zip Wire (ZG1)	Problem Solving (PS1)	Depart			
	2			Problem Solving (PS1)	Zip Wire (ZG1)	Depart			
	3			Giant Swing (GS1)	Aeroball (AE1)	Depart			
	4			Aeroball (AE1)	Giant Swing (GS1)	Depart			

# Activities

- Children do not need to be able to swim to take part in PGL water sports. They should be confident in water (in other words they would not panic if they fell in).
- Watersports take place on very sheltered water; just over a metre deep, with children no more than 15 metres from the bank at any time. Everyone on the water wears a buoyancy aid and a canoe helmet.

# Groups and dorms

- Dorms are all located within Winmarleigh Hall. Corinthian staff rooms are close by, also within Winmarleigh Hall.
- The dormitories are allocated just for our school.
- Activity groups will be for children just from our school.
- Groups and dorm allocations are very carefully chosen. We will consider friendship groups.
- We have a team of staff, with a course leader in charge and a group leader for each activity group, plus Corinthian staff.

# Telephone contact

- Children **MUST** leave mobile phones at home. PGL is not insured to cover any damaged or lost phones.
- Any contact that needs to be made will be made by Corinthian staff using the contact numbers provided on your form.

# Leaving the centre

We will leave the centre at 1:30pm and will hopefully arrive back at school for 3:00pm.

We will be in regular contact with the office staff to keep them informed of any delays that may occur on the journey and will send updates.

