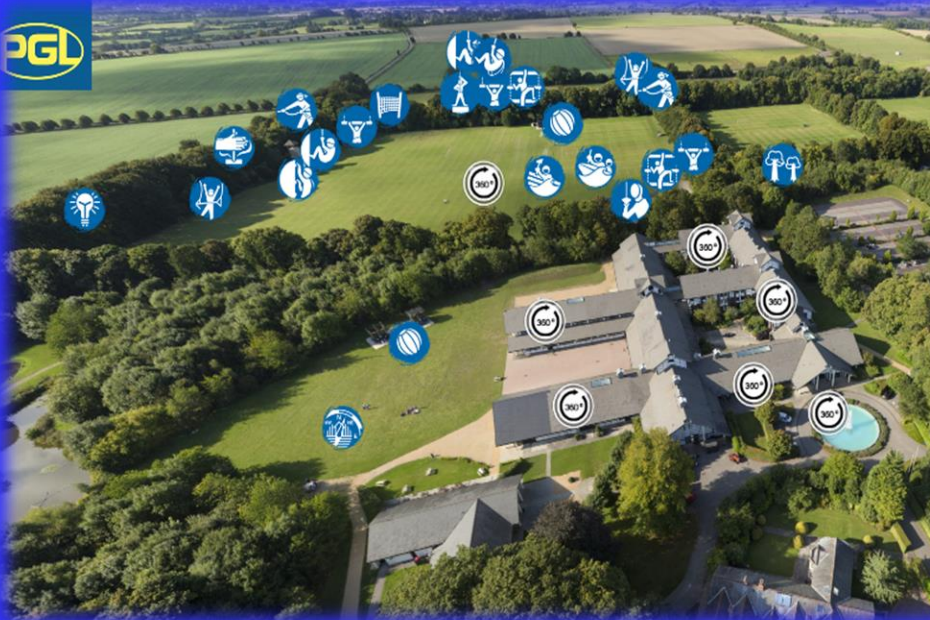




Liddington Adventure Centre Wiltshire



Aims of the Trip

- Promote team work / co-operation
- Develop independence
- Promote self-confidence and self-esteem
- Opportunities to experience different activities
- Overcome fears
- Fun!



Staff

Miss Whelan

Mrs Thomson

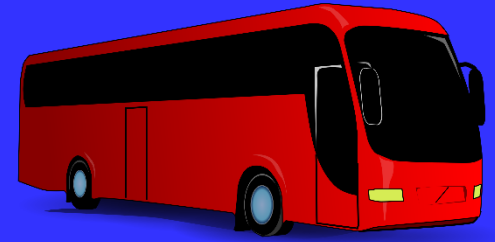
Mrs Bentley

Mrs Ford

Mrs Tilley



Travel



Wednesday 19th June

- Travel by coach to Liddington, Wiltshire
- Approx. 10:30am (please bring children in at normal time)

Friday 21st June

- Travel by coach to St. Joseph's
- Approx. 3.30 (this could be later due to traffic)

Updates will be given on the way home.

They will need a packed lunch on Wednesday.



Accommodation

Accommodation is hotel style rooms

Rooms sleeping 4/5/6 children

The children will be told who they are sharing a room with on arrival at Liddington.



Activities

Climbing

Jacob's ladder

Giant swing

Vertical challenge

Archery

Problem solving

Canoeing

Survivor

Campfire

Balloon splash



Schedule

Wednesday

Arrival & packed lunch
2 activities
Dinner
Evening entertainment

Thursday

Breakfast, lunch and dinner
Full day of activities (four)
Evening entertainment

Friday

Breakfast
2 activities
Lunch and departure





What to pack?



A kit list will be given today.

Clothing: All clothing should be old. The children will be doing activities that may be muddy and new clothing may get ruined.

Bedding: Bedding **is not** provided by PGL so children will need to bring a sleeping bag and pillow with them.

It is important that the children bring enough clothes in case of wet weather but we have a limited amount of space on the coach so baggage must **NOT** be too large.



We ask that suitcases be of a sensible size, as these need to all fit on the coach, be moved by the children, and be stored in their room for the duration of the trip.



PGL Kit List 2024

Below is a list of items suggested by PGL for an activity course.

Clothing

It is advised that pupils bring plenty of spare clothes in case of wet weather and for muddy activities. Clothing should be **old**.

- Nightwear
- Underwear
- Socks (spares in case it is wet)
- 1 or more fleeces or sweatshirts
- 3 t-shirts
- 1 **long-sleeved** t-shirt
- 2 pairs of old trousers (not jeans) 1 for activities, 1 for evening - long trousers are required for rope activities regardless of hot weather
- 2 pairs of trainers (1 old pair for wet activities)
- 1 pair of shoes or trainers for indoors
- Waterproof jacket
- Baseball cap/hat

Other Essentials

- Wash bag (soap, toothbrush, toothpaste, shampoo etc)
- Comb/Hairbrush
- 1 large towel
- Sun cream
- Pen & paper
- Small bag/Rucksack
- Labelled plastic bag/bin liners (for wet/dirty clothing)
- Camera

Mobile Phones etc.

Mobile phones, hair straighteners, electronic goods or games are not permitted

Children may bring a digital camera - this will be their responsibility

They may bring a maximum of £20 spending money



Medication

- Any medication that is required must be handed to the office prior to the event, Monday 17th June, the very latest. Do not let your children take their own medication to PGL, and do not allow them to administer any medication themselves.
- All medication administered whilst at PGL, must be recorded by an adult.
- All medication must be in the original packaging, named and have the original instructions included. Hand written notes will not be accepted.



Medication

- Medication that is already kept on site, such as inhalers, will go along to PGL, it will not be necessary to provide the school with extra medication.
- Standard medication such as Calpol and Piriton is supplied by the school, to be used on an ad hoc basis. You do not need to provide your own, unless there is a specific reason, which you are welcome to discuss with me.
- Some medication or needs can be sensitive, I am available to support you, should you feel your child has any worries or concerns. All conversations are confidential, as are the administering of medication and supporting sensitive needs, by all our staff, whilst at PGL.



Any questions?

