

## What to bring

Clothes are likely to suffer wear and tear, therefore several changes of old clothes will be needed for doing activities. Jeans are not suitable for activities as they get heavy and cold when wet and don't dry out quickly.

### Kit list

- Suitable nightwear
- Underwear
- 1 pair trainers / shoes suitable for walking
- 1 or 2 sets of clothes for evening

### For activities

- 1 pair old trainers / canvas or plastic shoes (may get very wet / muddy)
- Old clothes – long sleeved and short sleeved T-shirts, leggings, sports clothing
- Fleece / sweatshirts
- Swimming costume / trunks
- Rash vest
- Shorts - knee length, no hot pants or denim
- Sun hat / baseball hat
- Waterproof jacket / cagoule
- Glasses retainer, suitable for watersports (if required)

### Other items

- Sleeping bag, pillow and bed sheet
- Torch
- Wash bag
- Towel for showering
- Old towel for wet activities
- High factor sun cream - min. SPF 30
- Insect repellent & bite cream
- Labelled plastic bags for wet / dirty / spare clothes
- Small rucksack for days out
- Drink bottle

### Important – don't forget!

- A passport (or collective passport for the group)
- European Health Insurance Card (EHIC). This is available free of charge. Apply online or pick up a form from the post office
- Food and drink for the journey
- Pocket money

### Please don't bring

Mobile phones, electronic devices, computer games, jewellery / valuables etc.

### Lost property

Please label everything your child brings – indelible felt tip pens are useful for this. Guests are responsible for their own belongings while they are away so it might be useful to give them a list to check off when they pack to come home. Lost property is hard to track down after a visit and there is a charge for returning items.

## Safety and security

Our excellent reputation for health and safety is based on over 55 years of successful operation and we comply fully with the recommendations of the UK Government and the Scottish Executive advice on taking school trips.



All PGL centres have been approved and awarded the Learning Outside the Classroom Quality Badge,

following inspection by the Adventure Activities Industry Advisory Committee.

## Insurance details

From the time we receive your deposit you are covered by PGL's extensive insurance policy, underwritten by travel insurance specialists, Fogg Travel.

### PGL insurance cover includes:

Organiser Liability; Medical Expenses; Personal Accident; Cancellation (e.g. illness or redundancy); Curtailment of Activity; Baggage; Personal Money; Personal Liability.

Excess: Please note there is an excess for some sections of cover.

A full copy of the insurance policy can be obtained from the person leading your trip.

## Contacting your child

Except in an emergency, we would prefer that you do not contact your child during their stay as we are not able to pass on phone messages or emails. If in an emergency you do need to contact your child, please do so via their school or the teacher/Party Leader travelling with the group.



# Adventures in France & Spain

This leaflet contains information about your child's PGL trip.

For more details about the centre your child will be visiting, the activities, accommodation and lots, lots more, please visit our website [www.pgl.co.uk/secondary](http://www.pgl.co.uk/secondary)



## What is a trip with PGL like?

### A learning experience with a difference!

A PGL overseas adventure is so much more than just another adventure trip. It's about independence, friendship, great activities, watersports and fun! An overseas trip without parents is an important rite of passage and a great confidence boost for children.



*"...learning outside the classroom contributes significantly to raising standards and improving pupils' personal and social development."* **Ofsted Report**

## Who are PGL?

Established in 1957, PGL has 22 centres across the UK, France and Spain.

We are trusted by more than 7,000 schools and groups each year because we offer the best in accommodation, staff, adventure activities and, above all, a truly outstanding experience.

➔ [See our guest stories at www.pgl.co.uk/stories](http://www.pgl.co.uk/stories)

## A packed programme!

The sample itineraries shown here give examples of some of the things your child may expect to be doing during their stay.

The programme for each school or group will be designed around their specific interests and needs and will have been organised with the Party Leader. During the evenings there will be a full programme of entertainment to take part in, organised and led by our friendly and enthusiastic PGL team.

## About the PGL centre

All our centres in the South of France and Spain are set in beautiful surroundings. Most are exclusive to PGL and all have excellent facilities and accommodation.

### Students with disabilities / additional needs

Many of our activities are accessible for people with additional needs. For details of accommodation and to discuss a suitable programme, please ask the Party Leader to talk to us directly about your child's particular requirements.

➔ [Find out more www.pgl.co.uk/additionalneeds](http://www.pgl.co.uk/additionalneeds)



## Food & drink

Tasty and healthy, we take our food very seriously. Meals at PGL are freshly prepared and designed to include plenty of fresh fruit, vegetables and salads in order to encourage healthy eating as well as plenty of carbohydrate for energy! There's always a vegetarian option at every meal - but please let the Party Leader know in advance. Water and squash are available at all meals and at breakfast hot drinks are also available.



We're familiar with most dietary requirements, so if your child suffers from any allergies or has a special diet for any reason, just make sure the teacher or Party Leader knows.

In addition there are vending machines and a small retail shop on site.

➔ [Find sample menus at www.pgl.co.uk/menus](http://www.pgl.co.uk/menus)

## A typical Ardèche Adventure course

N.B. This is a sample itinerary and sessions will vary.

### Day 2

**Arrive at centre** (depart school day 1) settle in to accommodation and maybe have a swim before dinner and evening ents.

### Day 3

**Mountain Biking in the morning followed by an afternoon of Kayaking** before PGL instructors talk through the start of the Ardèche descent the following day.

### Day 4

**Full day Canoeing down the Ardèche** with a stop for lunch on one of the beaches en route.



### Day 5

**Another fantastic day of Canoeing through breathtaking scenery** with a picnic lunch and maybe an ice cream or two!



### Day 6

**Raft Building in the morning followed by Jacob's Ladder and Archery** in the afternoon.



### Day 7

**All day excursion to the waterpark.**



### Day 8

**Cèze Valley Trek after breakfast followed by High Ropes** in the afternoon. There'll usually be a disco on the final night to round off the trip.

➔ [Find out more: www.pgl.co.uk/ardecche](http://www.pgl.co.uk/ardecche)

- ✓ Guest videos
- ✓ Photo galleries
- ✓ Accommodation
- ✓ Activities

## A typical Med Watersports course

N.B. This is a sample itinerary and sessions will vary.

### Day 2

**Arrive at centre** (depart school day 1) settle in to accommodation and head to the beach after lunch.

### Day 3

**A packed day of watersports, Banana Boats in the morning and Topper Sailing** in the afternoon.



### Day 4

**All day excursion to Waterworld.**



### Day 5

**Canoeing after breakfast followed by an afternoon of Sit-on-Kayaks** then finish the day with a session of Beach Olympics after dinner.

### Day 6

**Head off-site for the day for some Snorkelling** or a visit to a local city or place of interest such as Barcelona.



### Day 7

**A full day of sailing, Funboats in the morning followed by Catamarans** in the afternoon.



### Day 8

**Back to the beach to try Windsurfing in the morning and Pico Sailing in the afternoon.** The week usually ends on a high note at the disco.

➔ [Find out more: www.pgl.co.uk/med](http://www.pgl.co.uk/med)

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