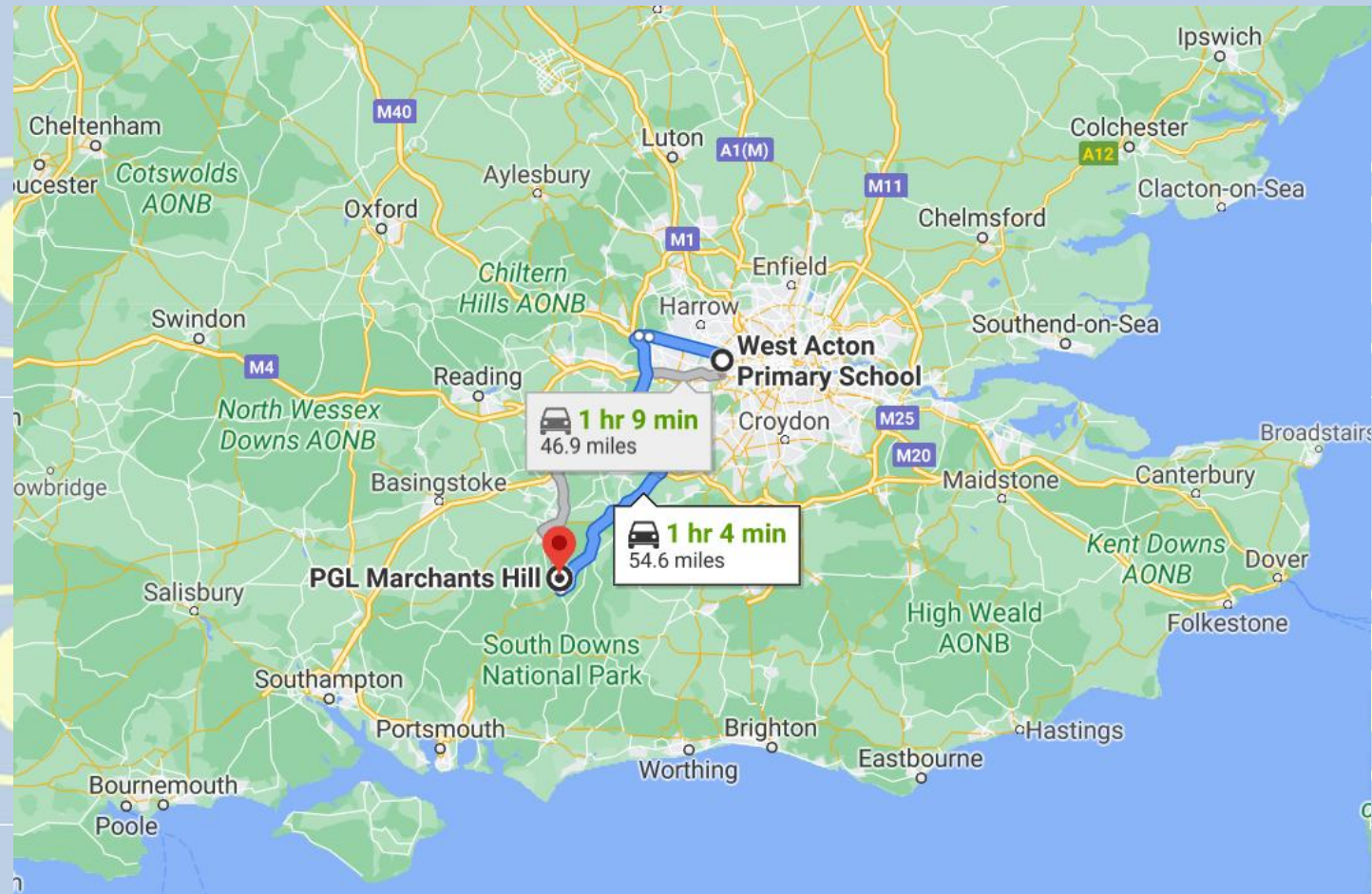




*Information for parents  
and carers*

*Where are we going?*

*PGL Marchants Hill,  
Tilford Rd,  
Hindhead  
GU26 6RF*



*PGL was founded in 1957 by Peter Gordon Lawrence and has been operating courses for schools and colleges for 60 years. During this time more than 3 million children and young people have benefited from a PGL experience. Each year more than 4,000 schools trust their school trip to PGL.*



# 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.

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



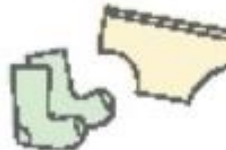
*Your arms will need to be covered to do some activities.*

- Trousers or leggings  
but not jeans as they get heavy and cold when wet



- Underwear & socks
- 1 or 2 sets of clothes for the evening

*Your socks will need to cover your ankles to do some activities.*



- Suitable nightwear



Come dressed in clothes ready for your first activity- TBC

## FOOTWEAR

- 2 pairs of trainers
  - 1 for activities
  - 1 old pair for watersports
- 1 pair of dry shoes for evening activities



Hat: Thick wool winter hat  
 Layer 2: Jacket, stretch fleece, ordinary fleece  
 Layer 3: Padded jacket and padded trousers/overall in wind and waterproof  
 Around the neck: Neck warmer in soft wool or fleece.  
 Reflective Mittens/gloves: Padded mittens/gloves.  
 Layer 1: Top and trouser in warm wool.



# What to bring

Please ensure that all items are named.

## 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)

## PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Jewellery/valuables



No mobile phones

Packed lunch for the first day.



# Gift Price List

## STATIONERY

Postcard	£0.30
Jumbo Eraser	£1.50
Hologram Pencil	£0.50
PGL Pen	£1.00



## BEARS

Range of PGL Bears *from £2.00*



## TOYS

PGL Bounce Ball	£0.50
Flying Ring	£1.50
Singing Magnets	£3.00
PGL Football	£5.00

## GIFTS

Selection of Key Rings	<i>from £2.00</i>
LED Torch	£3.00
PGL Dog Tags	£2.50



## CLOTHING

PGL T-Shirts	£4.00
PGL Caps	£5.00

## MUGS

PGL Mugs (Various Designs)	£4.00
Aluminium Water Bottle	£3.00

## CONFECTIONERY

Pick 'n' Mix	<i>from £2.00</i>
Selection of Confectionery	<i>from £0.20</i>

Selection of Drinks	<i>from £1.00</i>
Ice Creams (Seasonal)	<i>from £1.20</i>

# Pocket Money

The children can bring up to £10 (in coins if possible) to spend in the Tuck Shop.




## Activities

All PGL's adventure activities take place under the instruction and guidance of specially trained PGL instructors who prioritise safety above all else. Activities take place on land, on the water and in the air (for rope-based challenges), so each brings a different (and fun!) way for children to challenge themselves in a friendly, safe and supportive environment.

The provisional activity programme is on the next slide. You can see full descriptions and photos of each activity on the PGL website.



# Provisional timetable of activities

	<b>Marchants Hill</b> 03/06/2026 – 05/06/2026	<b>Provisional Activity Programme</b>	<b>West Acton Primary School</b>
<b>Booking Reference</b>	AU26002097		

	Group	Meeting Point	Group Leader	Session 1 8:50 - 10:20	Session 2 10:25 - 11:55	Session 3 14:00 - 15:30	Session 4 15:35 - 17:05	Evening 19:30 - 20:30	
<b>Wednesday</b>	1					Zip Wire (ZW3)	Problem Solving (PS1)		Passport To The World (PTTW2)
	2					Zip Wire (ZW4)	Problem Solving (PS2)		Passport To The World (PTTW2)
	3					Problem Solving (PS1)	Zip Wire (ZW3)		Passport To The World (PTTW2)
<b>Thursday</b>	1			Raft Building (RB3)	Challenge Course (CC1)	Trapeze (TR1)	Archery (A3)		Campfire (CF1)
	2			Raft Building (RB4)	Challenge Course (CC2)	Trapeze (TR2)	Archery (A4)		Campfire (CF1)
	3			Challenge Course (CC1)	Raft Building (RB3)	Archery (A3)	Trapeze (TR1)		Campfire (CF1)
<b>Friday</b>	1			Abseiling (AB1)	Survivor (SU1)	Depart			
	2			Abseiling (AB2)	Survivor (SU2)	Depart			
	3			Survivor (SU1)	Abseiling (AB1)	Depart			

# Virtual Tour

They also have 360 degree virtual tours available on each centre page where you can click on an activity symbol to read more about it, see more photos and even watch videos for some activities. The virtual tours are a great way to familiarise yourself with where each activity takes place and get a feel for what it's all about.



<https://www.pgl.co.uk/Files/Templates/Designs/PGLCore/res/swf/virtual-tour/marchants/tour.html>

# Food

There are freshly-prepared hot or cold options available at every mealtime and a self-service salad bar for children to help themselves to as much salad as they like at lunch and dinner. Homemade soup is available most days and there is plenty of bread and fresh fruit available, as well as hot and cold drinks. Due to social distancing, some lunches may be packed and eaten away from the dining room.



# Fussy Eaters

PGL know that some children are very particular about what they eat and if the menu doesn't suit, they can provide alternatives to ensure no-one leaves the dining room hungry. We do often find, however, that children are more likely to try new things at PGL than they would normally eat at home - it's all part of the PGL experience!

# Can PGL cater for special diets?

At PGL centres, they are able to deliver catering provision for many dietary requirements as specified by culture, religion and medical concerns.

They regularly provide meals for a wide variety of needs including coeliac, diabetic, food allergies and vegetarian/vegan. Whilst they are unable to cater for more specific requirements such as organic-only diets, we request that you speak to your Party Leader to discuss any concerns you may have regarding dietary requirements as soon as possible. We may occasionally ask parents to provide items.





# the dining room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (M) Quorn Sausages Scrambled Eggs Baked Beans Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Bacon (M) Vegetable Sausages Hash Browns Plum Tomato Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (M) Quorn Sausages Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Bacon (M) Vegetable Sausages Scrambled Eggs Grilled Tomato Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (M) Quorn Sausages Hash Browns Baked Beans Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (M) Quorn Sausages Scrambled Eggs Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Bacon (M) Quorn Sausages Hash Browns Spaghetti in Tomato Sauce Seasonal Fresh Fruit Hot & Cold Drinks
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Homemade Soup of the Day Choice of Breads Salad Bar  Pizza Meat or Vegetarian Potato Wedges  Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar  Homemade Pie or Pasties Choice of Meat or Vegetarian Gravy Mashed Potato  Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar  Hot or Cold Baguette Choice of Meat or Vegetarian Fillings Tortilla Chips  Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar  Pasta Bar Choice of Meat or Vegetarian Garlic Bread  Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar  Burger Choice of Meat or Vegetarian Fries Relishes  Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar  Jacket Potatoes or Rice Choice of Meat or Vegetarian Filling Homemade Bread  Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar  Fajitas Choice of Meat or Vegetarian Fillings Red Cabbage Slaw Tortilla Chips  Seasonal Fresh Fruit Hot & Cold Drinks
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Homemade Soup of the Day Salad Bar  Beef Lasagne Cumberland Sausages (M) Beetroot & Red Onion Tart New Potatoes Peas & Carrots Onion Gravy  Seasonal Fresh Fruit Chocolate Crispy Cake Hot & Cold Drinks	Homemade Soup of the Day Salad Bar  Gammon Chicken Goujons (M) Four Cheese Ravioli Potato Wedges Green Beans & Sweetcorn  Seasonal Fresh Fruit Toffee Apple Crumble & Custard Hot & Cold Drinks	Homemade Soup of the Day Salad Bar  Mexican Beef Chili Fish Fingers (M) Sticky Holsin Noodles Rice or Chips Mixed Vegetables Baked Beans  Seasonal Fresh Fruit Lemon Drizzle Cake Hot & Cold Drinks	Homemade Soup of the Day Salad Bar  Chicken Chunks with Sweet and Sour Sauce (M) Vegetable Korma Root Vegetable Bake Rice Broccoli  Seasonal Fresh Fruit Rice Pudding and Jam Hot & Cold Drinks	Homemade Soup of the Day Salad Bar  Meatballs in Tomato Sauce Chicken & Leek Pie (M) Cheese & Potato Plait Pasta or Potatoes Green Beans & Carrots  Seasonal Fresh Fruit Doughnut Hot & Cold Drinks	Homemade Soup of the Day Salad Bar  Chicken Nuggets Fish in Tomato & Mascarpone Sauce (M) Vegetable Plait Chips Mixed Vegetables  Seasonal Fresh Fruit Chocolate Chip Sponge & Chocolate Custard Hot & Cold Drinks	Homemade Soup of the Day Salad Bar  Roast Dinner Yorkshire Pudding (M) Macaroni Cheese Roast Potatoes Seasonal Vegetables Gravy  Seasonal Fresh Fruit Belgian Waffles with Topping Hot & Cold Drinks

# What is the accommodation like?

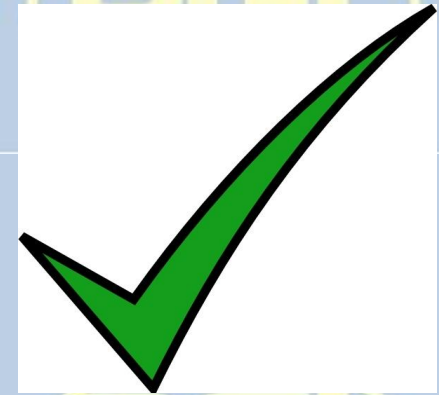
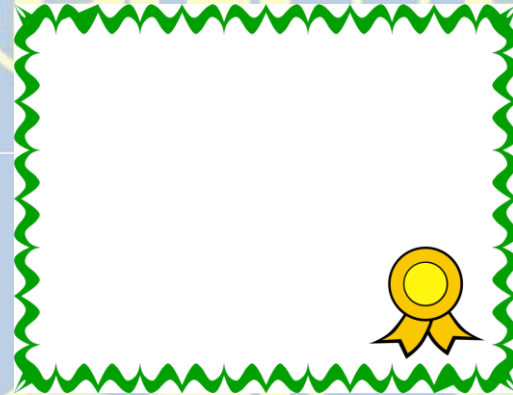
Why not see for yourself by exploring the accommodation and facilities on a virtual tour?

<https://www.pgl.co.uk/Files/Templates/Designs/PGLCore/res/swf/virtual-tour/marchants/tour.html>



- Comfortable rooms
- One en suite shower and toilet per cabin
- Holds up to 6 children
- Single sex
- Teachers are in rooms on end of rows
- Patrolling PGL staff.

# Peace of mind



My child can't swim, can they still take part?

Water confidence is adequate for some activities and where it is not we will make alternative arrangements so that your child does not miss out.

Are activity instructors qualified?

Yes, all of the instructors are carefully selected, highly trained and meet the requirements laid down by national governing bodies.

Are staff DBS checked?

Yes, for all staff the Disclosure and Barring Service\* (DBS) 'Barred List' is checked and an 'Enhanced' check is applied for.



[@westactonpri](#)

*Can I contact my child whilst they are away?*

*For many children, part of the learning experience is about being away from home, sometimes for the first time. We would ask parents to allow their children to settle in and enjoy the experience.*

*In the case that you need to contact your child, please contact the school and they will contact the teachers directly.*

*Miss Kondo will send updates by text message and there will be updates on our social media channels.*

## First Aid and Medication

The PGL site has fully qualified first aiders on site.

All West Acton Primary School staff will carry first aid kits with them.

If your child requires medication e.g. piriton, asthma pump, please put the medication in a clear, labelled plastic bag. Inside the bag, please provide a written list of instructions e.g. amount, how often. Give it to the group leader on the morning of the trip.

The children must not keep or administer medication themselves.





## Travel Arrangements

Wednesday 3<sup>rd</sup> June 2026 arrive at 8.30am

- bring suitcase to Windsor Hall
- register & leave at 9:30am
- Welcome to wave goodbye to coach
- Arrive at PGL approximately 11.30

Packed lunch & lots of water essential

Friday 5<sup>th</sup> June - depart at 1:30pm

- arrive at West Acton approximately 3.30pm
- Coach will park up outside school, you can take your child from there



## *Any other questions*

If you have any other questions, please contact the school directly by email:

[admin@west-acton.ealing.sch.uk](mailto:admin@west-acton.ealing.sch.uk)