



HARROGATE
GRAMMAR SCHOOL
EXCELLENCE FOR ALL

June 2019

Dear Parent/Carer

**Year 8 residential to PGL Caythorpe Court Multi Activity Centre
Monday 15 July to Wednesday 17 July**

The above trip is fast approaching and Year 8 are very excited about their forthcoming residential trip to Caythorpe Court Multi Activity Centre in Lincolnshire. We are pleased to provide further information about the trip including a kit list and daily timetable.

We will depart from HGS at 9.00 am on the Monday morning, and arrive back to HGS by 3:30pm on Wednesday afternoon.

This pack contains further information including:

- Daily Itinerary
- Clothing list

For your information, contact details for PGL Caythorpe Court and emergency contact details for the trip leader, along with some reminders about the trip are listed below.

Contact Information:

PGL Caythorpe Court
Caythorpe
Lincolnshire
NG32 3ER

Emergency Contact Number:

Trip Leader
Mrs Ellenthorpe 07464 408929

Reminders:

- No more than £10 to spend at the PGL [souvenir shop](#)
- No mobile phones or iPads
- No expensive electrical items
- Medication to be labelled and handed in to the trip leader prior to the trip departing
- Insect repellent, sun cream and sun hat
- See [kit list](#) for what clothing and footwear to bring
- Students **DO NOT** need to bring a sleeping bag or duvet, these will be provided by PGL
- Please only bring ONE piece of luggage – holdall size, as space is limited on the coach and at the centre.

If you have any further questions please do not hesitate to contact me.

Yours sincerely

Mrs Ellenthorpe, Year 8 Manager (mce@harrogategrammar.co.uk)



Daily Itinerary



Monday 15 July

Time	Activity
8.40am-8.50am	Students register in form
9am	Depart HGS
Noon - 2pm	Arrive PGL Caythorpe Court, unpack and lunch
2pm - 3.30pm	Afternoon Activities - 2 exciting sessions with a 15-minute break
3.30pm - 5pm	
5pm - 7pm	Dinner - a different menu every day!
7pm - 9pm	Evening Activity e.g. campfire, talent shows, quizzes and more

Tuesday 16 July

Time	Activity
7am - 9am	Get up, get ready and fuel up for the day ahead
9am - 10.30am	Morning activities - usually 2 sessions with a 15-minute break
10.30am - noon	
Noon - 2pm	Dry off and clean up. Time for a fresh and tasty two course hot lunch
2pm - 3.30pm	Afternoon Activities - 2 exciting sessions with a 15-minute break
3.30pm - 5pm	
5pm - 7pm	Dinner - a different menu every day!
7pm - 9pm	Evening Activity e.g. campfire, talent shows, quizzes and more

Wednesday 17 July

Time	Activity
7am - 9am	Get up, get ready and enjoy a hearty breakfast
9am - 10.30am	Morning activities - usually 2 sessions with a 15-minute break
10.30am - noon	
Noon- 1.30pm	Lunch
1.30pm	Depart PGL Caythorpe Court by coach
3.30pm	Arrive back at HGS

Click on this link to view a sample menu: [PGL sample menu](#)



Click on the links below to access the PGL parent guides:

[PGL parent guide](#) and [PGL parent information sheet](#)

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

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

Tops & jackets

- Long sleeved shirt/T-shirts
- Waterproof jacket
- Fleeces/jumpers

Trousers or leggings

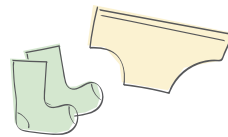
but not jeans as they get heavy and cold when wet



Underwear & socks

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

1 or 2 sets of **clothes for the evening**



Suitable **nightwear**

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

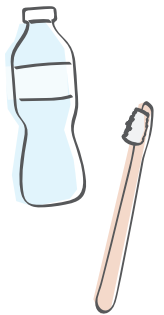
- Plastic **drinks bottle**

- 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)



TRAVELLING IN THE...



...SUMMER?

- Shorts
- Baseball hat/sun hat
- Sunscreen



...WINTER?

- Warm anorak or similar
- 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.

PLEASE DO NOT BRING

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

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

