

Dear Parent/Carer,

Below is a packing list for our upcoming residential and a **sample** menu.

Kind regards,

Mr Stockham (Year 3 and 4 Lead)

3 changes of underwear (MINIMUM)

3 pairs of socks (MINIMUM)

1 pair trainers/sturdy shoes for general day wear, additional to those worn on the day of travel

1 pair indoor shoes (slippers are ideal)

2 pairs trousers/track-suit bottoms/leggings. Preferably **NOT** jeans please.

3 t-shirts – **no vest tops** as these cannot be worn for harnessed activities

2 long sleeved tops/jumpers/sweatshirt

1 thick warm fleece or jacket/coat

1 waterproof jacket

1 Sun hat and a water bottle (named)

Suntan lotion (if forecast suggests this is necessary)

1 pair of pyjamas/nightwear

1 sleeping bag

1 pillow

1 towel to use after showering

Toiletries including toothbrush, toothpaste, shower gel, sponge or flannel, shampoo, brush/comb, hair ties (long hair will need tying back for activities). Also, roll on/stick deodorant, if your child uses this - **but no aerosols**.

Carrier bags/bin bags for dirty clothes

All children (and staff!) are encouraged to bring a sensibly sized cuddly toy for bedtime

£3 (MAXIMUM) spending money in a **sealed named envelope**, handed to staff on the morning of travel

Medication – If your child needs to be given their regular medication and/or travel sickness medication for the return journey please fill in [this form](#) and bring it with the medication as soon as possible to the school office.

Please do not pack any snacks or sweets for the trip.

Children **must not** wear sleeveless tops or skirts for their activities.

Children **will** need a packed lunch – if ordered in advance, these can be provided by Kingswood and will be delivered to school before we travel.

All children will be provided with a cap on the day of departure.

WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast
Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Sausages (V) Quorn Sausages Hash Browns Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Bacon (V) Vegetable 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 Sausages (V) Quorn Sausages Hash Browns Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks
Lunch	Lunch	Lunch
Homemade Soup of the Day Choice of Breads Fish Fingers or Vegetarian Sausage Rolls Served with Chips and Baked Beans Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Baguettes or Wraps served with Fillings & Crisps Choice of Meat & Vegetarian Fillings Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Meat or Vegetarian Burger served with a choice of Relishes Chips Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks
Dinner	Dinner	Dinner
Homemade Soup of the Day Chicken Tikka and Vegetable Curry Pork and Vegetable Chow Mein Noodles (V) Ricotta and Spinach Cannelloni Rice & Garlic Bread Peas & Carrots Seasonal Fresh Fruit & Salad Bar Apple Crumble with Custard Hot & Cold Drinks	Homemade Soup of the Day Meatballs in Tomato Sauce Beef Bolognese (V) Indian Sweet Potato & Dhal Pie Pasta and New Potatoes Cauliflower & Carrots Seasonal Fresh Fruit & Salad Bar Chocolate Crispy Hot & Cold Drinks	Homemade Soup of the Day Battered Fish Fillet with Lemon & Tartare Sauce Chicken Korma (V) Veggie Balls served with Tomato Sauce Chips or Rice Mixed Vegetables & Mushy Peas Seasonal Fresh Fruit & Salad Bar Angel Delight Hot & Cold Drinks

More info of a sample menu can be found here: <https://schoolsandgroups.pgl.co.uk/uk-pgl-menu/>