



KNOW
BEFORE
YOU GO!



Dorset, Osmington Bay



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





Osmington Bay

Centre Map



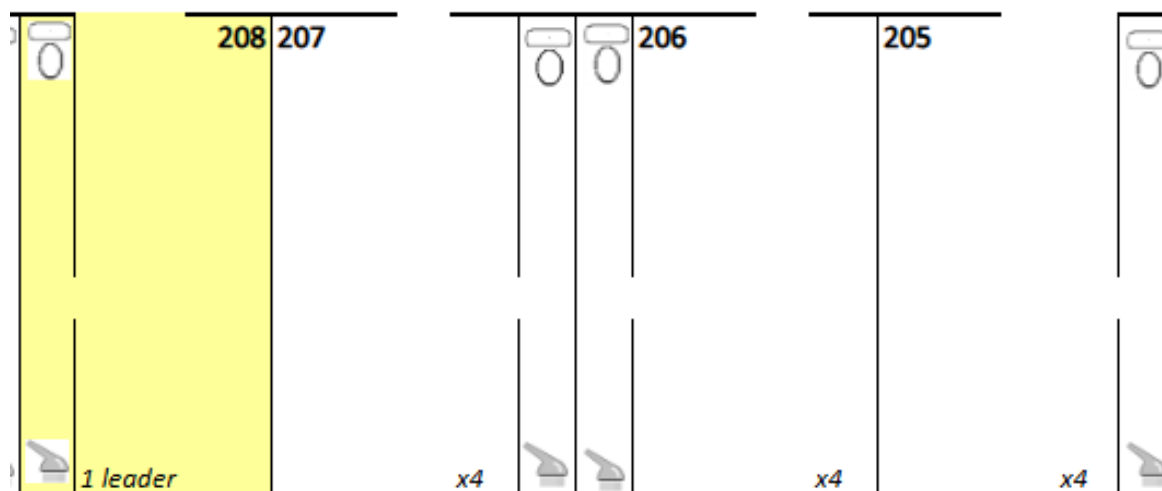
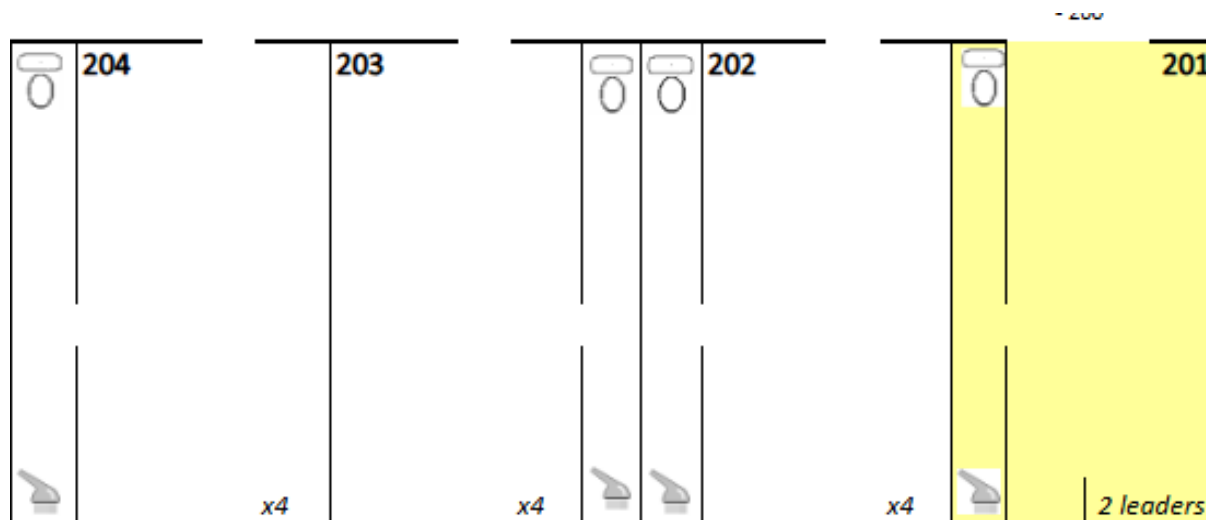
Accommodation Key

- A Redcliff Point
- B West Bay
- C Stair Hole
- D Bats Head
- E The Fleet
- F Golden Cap
- G Durdle Door
- H Blackhead Ledges
- I Chesil Beach
- J Orcombe Point
- K Portland Bill
- L Church Ope Cove
- M Kimmeridge Bay
- N Flowers Barrow
- O Smugglers Cove
- P Lulworth Cove A
- Q Lulworth Cove B
- R Old Harry Rocks
- S Abbotsbury
- T Bowleaze Cove
- U Charmouth

Key

- | | | | | |
|-------------|----------------|------------------|----------------|--------------------|
| Abseiling | Climbing | Jacob's Ladder | Raft Building | Street Surf |
| Aeroball | Dragon Boating | Kayaking | Map Skills | Survivor |
| Animate | Fencing | Keelboat sailing | Rifle Shooting | Trapeze |
| Archery | Forensics | Low Ropes Course | Axe Throwing | Vertical Challenge |
| Buggy Build | Giant Swing | Problem Solving | Sensory Trail | Zip Wire |





Gift Shop

- Students can bring spending money (£20 maximum)
- Students are responsible for money brought on the trip.





Clothing: What to Bring



The clothing must be suitable for outdoor activities: loose, comfortable and items that you don't mind getting muddy or wet. It's better to have thin layers that can be removed.

Tops and Jackets:

- T Shirts x3
- Long sleeve T-shirt or long sleeve loose over shirt (for some activities it is best that arms are covered) x2
- A waterproof jacket x1
- Fleece / Hoodies x2

Bottoms

- Leggings, Jogging bottoms X3 **You must have long trousers for some activities.**
- You may also bring shorts that cover the thighs.

****Bring swimwear**

****NO JEANS**

Footwear:

- One pair of old trainers (or wet shoes) for water activities
- One pair of old trainers for dry activities
- One pair of shoes for evening

Underwear

- Bring enough spare
- Socks that cover ankles, with spare socks to change when you get wet

Hats:

- Baseball cap or cotton beanie sun hat
- Suitable nightwear
- One or two sets of clothes to change into for the evening (.eg for silent disco)



Other items that you must bring

- **BEDDING-** either a sleeping bag or a duvet (with cover) and a pillow with a pillowcase. No bottom sheet required, this is provided.
- A wash bag with body soap, shampoo, toothpaste and toothbrush (**NO Aerosol SPRAYS**)
- Hair ties and hair bands for long hair
- 2 towels- one for showering and one for the activities
- A reusable water bottle
- A small rucksack for bringing with you on the activities
- A labelled bin bag to put your dirty and wet clothing in
- A small torch
- Pocket money- **£20 max**
- For water activities, if you have closed water shoes (not jelly style sandals or crocs), bring them ..





Please do not bring:

- ANY electronic devices such as hair driers, straighteners etc.
- Gaming devices
- **Food items that contain nuts**
- Jewellery and valuables- the PGL centre or Sydenham school cannot be held responsible for loss or damage of precious and valuable items.
- Aerosol sprays
- Flip Flops
- Crocs
- Wellies
- Jeans
- Denim shorts
- Sandals
- Heeled shoes!



Mobile Phones

- Students may bring your phone with them, but it will be handed in as soon as we get to the centre and kept in a safe place until we get on the return coach.
- We will have a school phone with us at all times, below is the Sydenham School mobile contact number:

07957182635

There will be no phone usage once we arrive at the centre. Any phones seen will be confiscated and a sanction will apply.



Logistics

Wednesday 10th June 2026

- 7.15am- in school for registration
- 12.00pm- ETA at PGL

Friday 12th June 2026

- 2.00pm-PGL centre departure
- 6:30pm- ETA at school



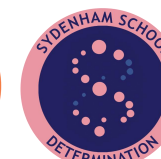
Activities and Itinerary



	Group	Meeting Point	Group Leader	Session 1 9:00 - 10:30	Session 2 10:40 - 12:10	Session 3 14:15 - 15:45	Session 4 15:55 - 17:25	Evening 19:30 - 20:30
Wednesday	1					Dragon Boating (DB1)	Dragon Boating (DB1)	Silent Disco (SD1)
	2					Dragon Boating (DB2)	Dragon Boating (DB2)	Silent Disco (SD1)
	3					Dragon Boating (DB3)	Dragon Boating (DB3)	Silent Disco (SD1)
	4					Dragon Boating (DB4)	Dragon Boating (DB4)	Silent Disco (SD1)
	5					Dragon Boating (DB5)	Dragon Boating (DB5)	Silent Disco (SD1)
	6					Dragon Boating (DB6)	Dragon Boating (DB6)	Silent Disco (SD1)
	7					Dragon Boating (DB7)	Dragon Boating (DB7)	Silent Disco (SD1)
	8					Dragon Boating (DB8)	Dragon Boating (DB8)	Silent Disco (SD1)
	9					Climbing (CL1)	Disc Golf (DG1)	PGL Games (PGA1)
	10					Disc Golf (DG1)	Climbing (CL1)	PGL Games (PGA1)
	11					Climbing (CL2)	Disc Golf (DG2)	PGL Games (PGA1)
	12					Disc Golf (DG2)	Climbing (CL2)	PGL Games (PGA1)
	13					Climbing (CL3)	Disc Golf (DG3)	PGL Games (PGA2)
	14					Disc Golf (DG3)	Climbing (CL3)	PGL Games (PGA2)
	15					Climbing (CL4)	Disc Golf (DG4)	PGL Games (PGA2)



Thursday	1			Climbing (CL1)	Disc Golf (DG1)	Giant Swing (GS1)	Survivor (SU1)		PGL Games (PGA1)
	2			Disc Golf (DG1)	Climbing (CL1)	Survivor (SU1)	Giant Swing (GS1)		PGL Games (PGA1)
	3			Climbing (CL2)	Disc Golf (DG2)	Giant Swing	Survivor (SU2)		PGL Games
	4			Disc Golf (DG2)	Climbing (CL2)	Survivor (SU2)	Giant Swing (GS2)		PGL Games (PGA1)
	5			Climbing (CL3)	Disc Golf (DG3)	Giant Swing (GS4)	Survivor (SU3)		PGL Games (PGA2)
	6			Disc Golf (DG3)	Climbing (CL3)	Survivor (SU3)	Giant Swing (GS4)		PGL Games (PGA2)
	7			Climbing (CL4)	Disc Golf (DG4)	Giant Swing (GS5)	Survivor (SU4)		PGL Games (PGA2)
	8			Disc Golf (DG4)	Climbing (CL4)	Survivor (SU4)	Giant Swing (GS5)		PGL Games (PGA2)
	9			Dragon Boating (DB1)	Dragon Boating (DB1)	Trapeze (TR1)	Archery Tag (AT1)		Silent Disco (SD1)
	10			Dragon Boating (DB2)	Dragon Boating (DB2)	Archery Tag (AT1)	Trapeze (TR1)		Silent Disco (SD1)
	11			Dragon Boating (DB3)	Dragon Boating (DB3)	Trapeze (TR2)	Archery Tag (AT2)		Silent Disco (SD1)
	12			Dragon Boating (DB4)	Dragon Boating (DB4)	Archery Tag (AT2)	Trapeze (TR2)		Silent Disco (SD1)
	13			Dragon Boating (DB5)	Dragon Boating (DB5)	Trapeze (TR3)	Archery Tag (AT5)		Silent Disco (SD1)
	14			Dragon Boating (DB6)	Dragon Boating (DB6)	Archery Tag (AT3)	Trapeze (TR3)		Silent Disco (SD1)
	15			Dragon Boating (DB7)	Dragon Boating (DB7)	Trapeze (TR4)	Archery Tag (AT6)		Silent Disco (SD1)



Friday	1			Trapeze (TR1)	Archery Tag (AT1)	Depart
	2			Archery Tag (AT1)	Trapeze (TR1)	Depart
	3			Trapeze (TR2)	Archery Tag (AT2)	Depart
	4			Archery Tag (AT2)	Trapeze (TR2)	Depart
	5			Trapeze (TR3)	Archery Tag (AT5)	Depart
	6			Archery Tag (AT5)	Trapeze (TR3)	Depart
	7			Trapeze (TR4)	Archery Tag (AT6)	Depart
	8			Archery Tag (AT6)	Trapeze (TR4)	Depart
	9			Giant Swing (GS1)	Survivor (SU1)	Depart
	10			Survivor (SU1)	Giant Swing (GS1)	Depart
	11			Giant Swing (GS2)	Survivor (SU2)	Depart



Medical needs, SEND and Dietary requirements

- You have been sent a link via email. If you still need to complete the form, the link is available here:

[Residential Consent and Medical Forms - Year 7 Residential trip – Fill in form](#)

- This will be shared with Sydenham group leaders and PGL group leaders.





OUR PGL
ADVENTURE
STARTS RIGHT
HERE...

