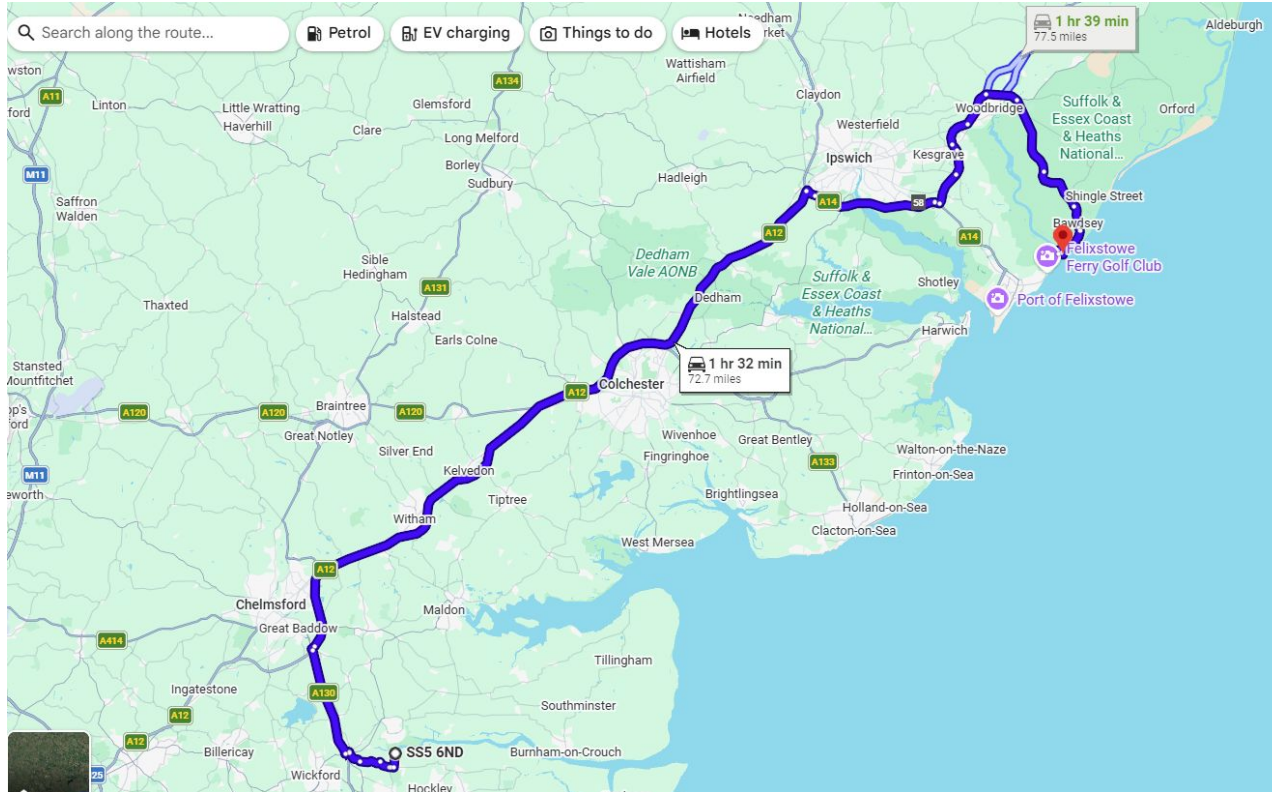




*Bawdsey Manor*  
2026

# Location





# PLEASE NOTE



On Wednesday 17th June, please can children bring a home packed lunch in disposable containers / wrapping to eat when we arrive at lunchtime.

Please remember that we are a **nut free** school.





1.

# *Our Timetable*



Let's go through our timetable for the visit



# Wednesday 17th June 2026



|             |   |
|-------------|---|
| 8:40        | Children arrive at Riverside - check in via Blue Hall fire exit |
| 9:30        | Depart Riverside (approximately)                                |
| 11:30       | Arrive at Bawdsey Manor - welcome and orientation               |
| 12:00       | Lunch (home packed lunch)                                       |
| 2:00 - 5:10 | Activities  |
| 5:10 - 7:30 | Dinner & Free Time  |
| 7:30 - 8:30 | Evening Activities  |
| 8:30 - 9:30 | Bedtime and lights out  |





# Thursday 18th June



|              |                        |
|--------------|------------------------|
| 7:00         | Wake Up                |
| 8:00         | Breakfast              |
| 9:00- 12:10  | Activities             |
| 12:10 - 2:00 | Lunch                  |
| 2:00 - 5:10  | Activities             |
| 5:10 - 7:30  | Dinner & Free Time     |
| 7:30 - 8:30  | Activities             |
| 8:30 - 9:30  | Bedtime and lights out |



# Friday 19th June 2026



|              |  |
|--------------|--|
| 7:00         | Wake Up  |
| 8:00         | Breakfast  |
| 9:00 - 12:10 | Activities   |
| 12:10 - 2:00 | Lunch  |
| 2:00         | Depart   |
| 4:00         | Arrive at Riverside  |
| 4:00         | Children will be “checked out” via the Blue Hall Fire Exit |





2.

## *Activities*

What activities will we do?

# Activities

**Canoeing**

**Fencing**

**Giant Swing**



**Aeroball**

**Challenge Course**

**Disc Golf**

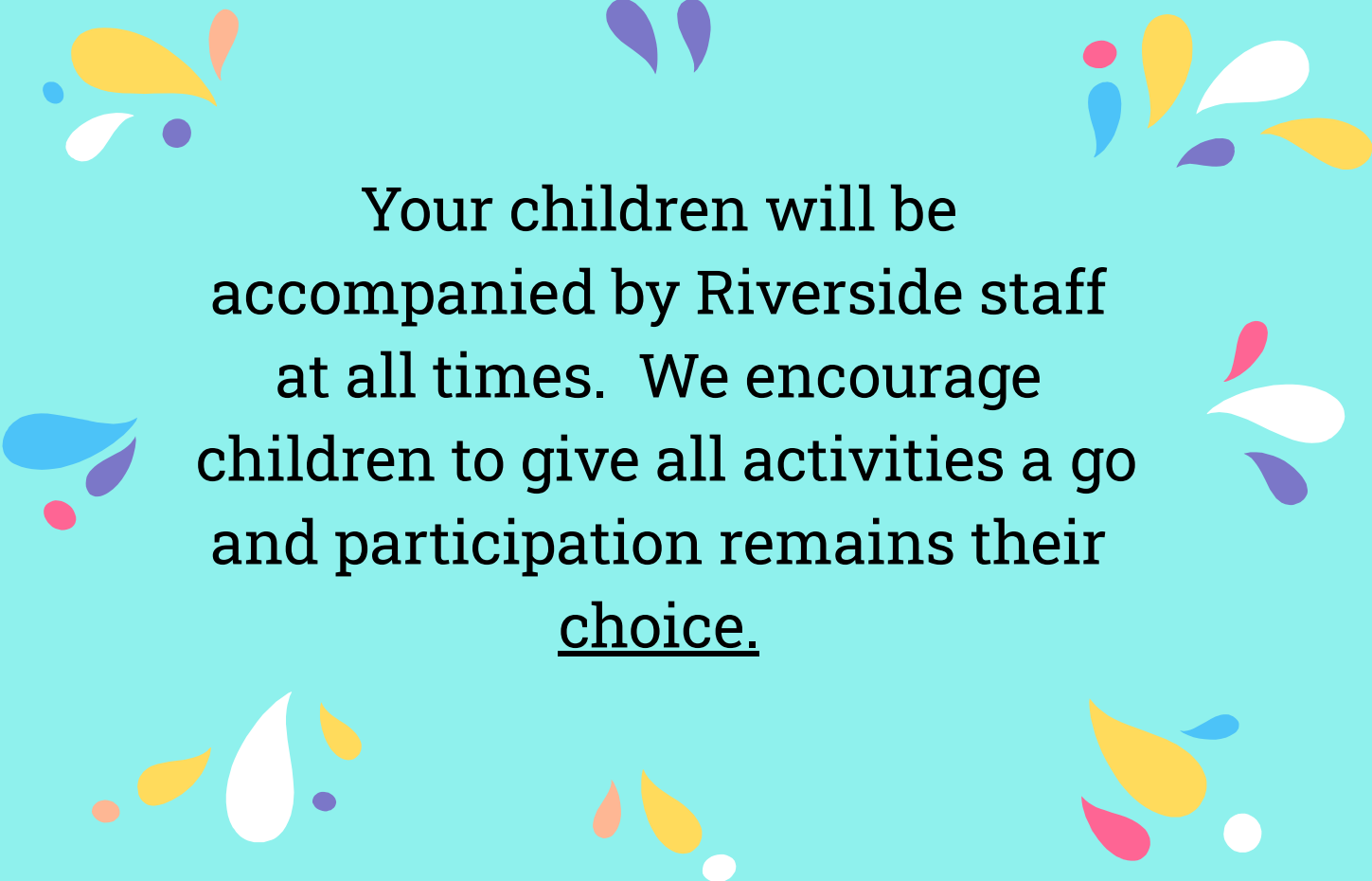
**Archery**

**Zip Wire**

**Jacob's Ladder**

**Beach/Coastal Walk**



The page features decorative floral graphics in the corners, consisting of various colored teardrop and oval shapes in shades of yellow, white, blue, purple, and pink. The central text is as follows:

Your children will be accompanied by Riverside staff at all times. We encourage children to give all activities a go and participation remains their choice.

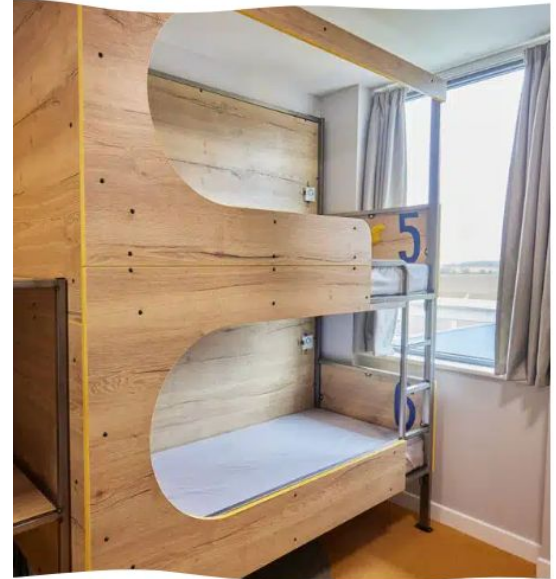


3.

# *Accommodation and Catering*

Where will we sleep and what will we eat?

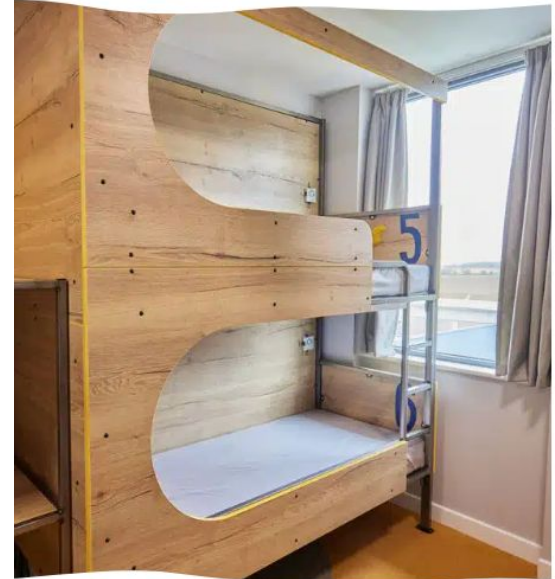






# Accommodation and Catering

- Boys and girls sleep in separate rooms on separate floors
- Bunk Beds!
- Staff will have rooms on the same corridors
- Children may choose a friend to share room with.
- En suite bathrooms and toilets
- It's fine if the children need us!



# PGL ADVENTURE MENU



| DAY                    | BREAKFAST<br>(Mornings!)                                 | LUNCH<br>(Midday Refuel!)                         | DINNER<br>(Evening Feast!)                         | DESSERT<br>(Treat Time!)                   |
|------------------------|--|---|--|--|
| <b>'WEDNESDAY'</b><br> | SCRAMBLED EGGS,<br>BACON &<br>MUSHROOMS<br>              | JUMBO HOT DOGS<br>(MEAT or VEGGIE!)<br>& CORN<br> | HOMEMADE BEEF<br>or VEG LASAGNE<br>& GREENS<br>    | WARM<br>CHOCOLATE<br>MUFFIN<br>            |
| <br><b>'THURSDAY'</b>  | PORE & VEGGIE<br>SAUSAGES, HASH<br>BROWNS<br>& BEANS<br> | CHICKEN or SPICY<br>BEAN BURGER<br>& WEDGES<br>   | MILD CHICKEN TIKKA<br>or SWEET POTATO<br>CURRY<br> | SEASONAL FRUIT<br>CRUMBLE<br>& CUSTARD<br> |
| <br><b>'FRIDAY'</b>    | SAUSAGES,<br>OMELETTE &<br>TOMATO SPAGHETTI<br>          | FISH & CHIPS<br>(FISH or FISHLESS!)<br>           | THE PGL ROAST:<br>BEEF or SAVOURY<br>NUT ROAST<br> | HOMBAKED<br>ICED SPONGE<br>CAKE<br>        |

ALWAYS  
AVAILABLE  
EVERY DAY



SALAD  
BAR



PLAIN  
PASTA



FRUIT  
STATION



VEGETARIAN



VEGAN



GLUTEN FREE



# Medication and Dietary Requirements



- All staff members have first aid training
- **Medicines** - we take full information from parents before leaving. If we need to administer medication, two members of staff oversee this and record it appropriately. Medicines are stored safely away from children in a locked room.
- **Food allergies/dietary requirements** - we inform PGL staff about food allergies prior to our trip and they cater for this accordingly. Children with allergies are carefully supervised and made known to both our staff and Mersea staff to ensure their safety.



4.  
*Staff Members*

Which staff members are attending?





# Staff Members



Mrs Smith



Mr Edlin

Mrs Rafiq

Mrs Brailey





5.

# *Kit List*

What should I pack?



# 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
- Trousers or leggings but not jeans as they get heavy and cold when wet
- Underwear & socks
- Swimming costume/trunks for water activities
- 1 or 2 sets of clothes for the evening
- Suitable nightwear



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



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



## FOOTWEAR

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



*We recommend that all visitors wear closed-toe footwear while on site due to uneven terrain and safety considerations around activity areas.*

## 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)
- Hair ties for long hair
- Torch
- Packet money £10-20 Recommended



## TRAVELLING IN THE...

**...SUMMER?**

- Shorts
- Baseball cap/sun hat
- Sunscreen

**...WINTER?**

- Warm coat
- 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.

### What to wear

|   |  |  |   |
|---|--|--|---|
| <p>We have included some guidance on what to wear and what not to wear for the activities we are most often asked about. Please note, activities vary at each centre and final activity itineraries are planned by each centre.</p> | <p><b>Water-based activities</b></p> <ul style="list-style-type: none"> <li>✓ Old trousers/water shoes</li> <li>✓ Warm clothing</li> <li>✓ Layers</li> <li>✓ Old clothes</li> <li>✓ Sunscreen (on-arm only advised)</li> <li>✗ Flip flops/crocs/sandals</li> <li>✗ Wellies</li> <li>✗ Jeans</li> </ul> | <p><b>Rope sessions</b></p> <ul style="list-style-type: none"> <li>✓ Study footwear</li> <li>✓ Tops to cover the shoulders</li> <li>✓ Shorts that cover the thighs</li> <li>✓ Long trousers</li> <li>✗ Flip flops/crocs/sandals</li> <li>✗ Denim shorts</li> </ul> | <p><b>Muddy activities</b></p> <ul style="list-style-type: none"> <li>✓ Old trousers</li> <li>✓ Long trousers (waterproof if possible)</li> <li>✓ Layers</li> <li>✗ Flip flops/crocs/sandals</li> <li>✗ Shorts</li> </ul> |
|---|--|--|---|


## PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Food items that contain nuts
- ✗ Jewellery/watchables
- ✗ Aerosols
- ✗ Flip flops/crocs/sandals

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



**PLEASE LABEL ALL ITEMS**



**Mobile phones are not permitted. We advise that jewellery is not worn as this is a health and safety hazard. Watches can be worn but please bear in mind that they could be damaged or lost.**

## Key things to remember

1. Packed lunch on day 1 in disposable packaging
2. Sleeping bag/pillow/bottom sheet in a labelled bin bag. Pack a second labelled bin bag for the return journey
3. Day bag with - water bottle, sunscreen, hat
4. Extra trainers for wet activities



If you have any questions, please  
do not hesitate to ask!





*Thank you*