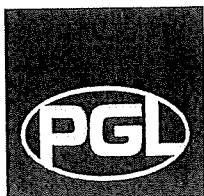




Year 5 and Year 6 Residential Meeting Pack

PGL Osmington Bay, Dorset

Monday 15th June 2026 – Friday 19th June 2026



WHAT TO BRING

Please ensure that all items are named.

CLOTHING

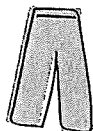
Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.



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

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

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



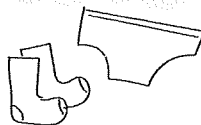
- ☐ Underwear & socks

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

- ☐ Swimming costume/trunks for water activities

- ☐ 1 or 2 sets of clothes for the evening

- ☐ Suitable nightwear



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

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.

Water-based activities

- ✓ Old trainers/water shoes
- ✓ Warm clothing
- ✓ Layers
- ✓ Old clothes
- ✓ Swimwear (for some water activities)
- ✗ Flip flops/crocs/sandals
- ✗ Wellies
- ✗ Jeans

Rope sessions

- ✓ Sturdy footwear
- ✓ Tops to cover the shoulders
- ✓ Shorts that cover the thighs
- ✓ Long trousers
- ✗ Flip flops/crocs/sandals
- ✗ Denim shorts

Muddy activities

- ✓ Old trainers
- ✓ Long trousers (waterproof if possible)
- ✓ Layers
- ✗ Flip flops/crocs/sandals
- ✗ Shorts

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



PLEASE DO NOT BRING

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





Osmington Bay

Centre Map

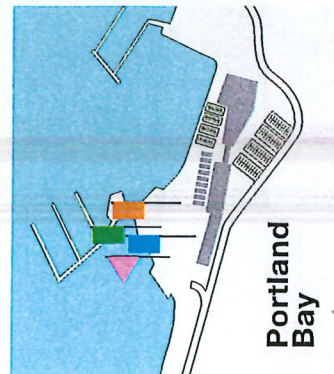


Accommodation Key

- 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
- Aeroball
- Animate
- Archery
- Buggy Build
- Climbing
- Dragon Boating
- Fencing
- Forensics
- Giant Swing
- Jacob's Ladder
- Kayaking
- Keelboat sailing
- Low Ropes Course
- Problem Solving
- Quad Biking
- Raft Building
- Map Skills
- Mini Beasts
- Rifle Shooting
- Sensory Trail
- Street Surf
- Survivor
- Trapeze
- Tunnel Trail
- Zip Wire



Portland Bay

Activities at PGL Osmington Bay

Giant Swing

This challenge is the ultimate test of nerve as the team hauls each pair up to 10 metres in the air!

The pair decide how high they want to go before pulling the ripcord to release the swing.

A hair-raising challenge not to be missed!

Great for:
 ✓ Communication
 ✓ Teamwork
 ✓ Confidence Building



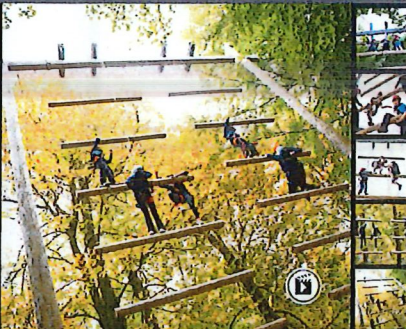
Jacob's Ladder

A series of logs are suspended horizontally with progressively wider gaps.

The aim is to climb the giant ladder using only the logs and each other for support!

A popular and exhilarating challenge!

Great for:
 ✓ Problem Solving
 ✓ Teamwork
 ✓ Communication



Aeroball

Aeroball combines trampolining, netball and volleyball to offer a high-energy, thrilling game, popular with groups of all ages.

Played in two pairs, team members bounce on a trampoline within a soft mesh 'quadrant', opposite their opposing player.

Using a soft ball, each player tries to throw the ball into the opposing players' netball style basket to score points.

Great for:
 ✓ Teamwork
 ✓ Confidence Building
 ✓ Motivation



Tunnel Trail

An underground network of tunnels awaits each team as they explore the hidden tunnels, solve problems and complete a series of tasks that will help them reach the exit.

Great for:
 ✓ Teamwork
 ✓ Problem Solving
 ✓ Confidence Building



Zip Wire

Travelling at high speed whilst suspended on a cable high above a lake or through a scenic forest isn't an experience easily forgotten!

Each team member takes turns to experience a thrilling journey that is designed to push the limits of each individual.

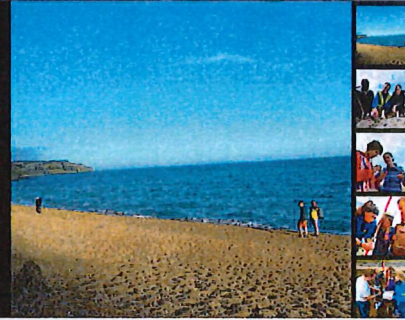
Great for:
 ✓ Inspiring Courage
 ✓ Confidence Building
 ✓ Motivation



Beach Walk

Explore the local beaches and coastline with your group and take part in engaging tasks and games that encourage them to discover more about the natural environment.

Great for:
 ✓ Environmental Awareness
 ✓ Analytical Skills
 ✓ Communication



Sensory Trail

A challenge designed to stimulate the senses.

Each team member is blindfolded before completing an obstacle course that encourages sensory awareness and communication with other team members.

Great for:
 ✓ Teamwork
 ✓ Sensory Awareness
 ✓ Communication



Orienteering

Working in small groups, this is a great initiative challenge that tests map reading skills by locating control points within the boundaries of our centres and beyond.

Each group is encouraged to develop skills in decision-making, symbol recognition and judgement of distance travelled.

Great for:
 ✓ Teamwork
 ✓ Decision Making
 ✓ Using Initiative

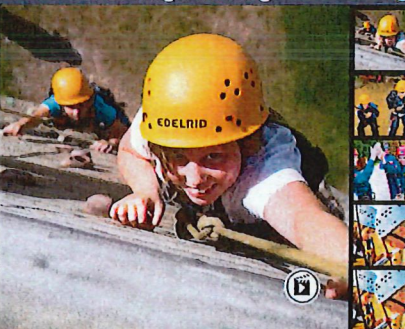


Abseiling/Climbing

Using our 40ft towers or a natural crag, our abseil and climbing sessions offer an exhilarating experience not to be missed!

Our experienced instructors help group members build confidence as they learn the correct technique, encouraged by the support of their peers.

Great for:
 ✓ Communication
 ✓ Self Reliance
 ✓ Using Initiative



Quad Biking

A thrilling experience that is guaranteed to get pulses racing!

Each driver takes control of a quad bike under the supervision of our expert instructors.

Coordination of steering, acceleration and braking are developed as each driver guides the quad bike around our purpose-built track.

Great for:
 ✓ Self Reliance
 ✓ Confidence Building
 ✓ Using Initiative



Activities at PGL Osmington Bay

Archery

Archery sessions really hit the mark with all ages and abilities.

With a mixture of individual target practice and fun group challenges, our qualified instructors help ensure each group maximises their achievements within a safe, controlled environment.

Great for:

- Sports Skills
- Concentration
- Motivation



Fencing

This Olympic sport will help develop the right skills and techniques to outwit your opponent!

A great opportunity to develop strategies and tactics in a controlled environment, our fencing sessions help develop confidence, creativity and awareness.

Great for:

- Sports Skills
- Confidence Building
- Creativity



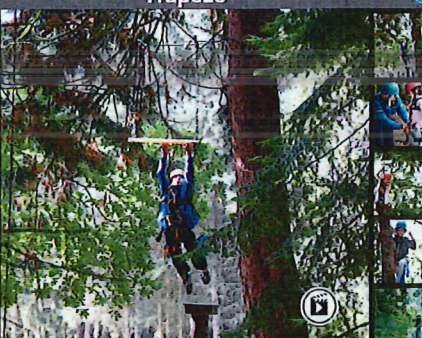
Trapeze

This high-adrenaline challenge will test even the boldest members of the group!

Each takes turns to climb a six metre pole before completing the courageous dive for the trapeze!

Great for:

- Inspiring Courage
- Motivation
- Confidence Building



Low Ropes

A thrilling challenge course which is less than a metre off the ground. It's a great introduction to different types of physical challenges.

Ideal for younger groups, teamwork and communication is key as each team navigates their way around the obstacles in their path.

Great for:

- Teamwork
- Communication
- Using Initiative



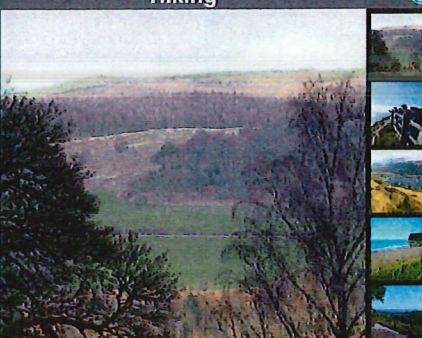
Hiking

Make the most of the stunning environments surrounding our centres on a hiking trip.

It's a great way to stay active and take in the sights and sounds of some beautiful natural landscapes.

Great for:

- Environmental Awareness
- Improving Fitness
- Self Reliance



Sports and Team Games

Traditional games including Uni-hoc, Basketball, 5-a-side Football, Volleyball and Lacrosse can be played to develop specific sports skills as well as learning how to use tactics in a small team environment.

Great for:

- Teamwork
- Communication
- Concentration



Raft Building

A fun-packed water challenge that helps develop teamwork and problem solving skills.

Each group works together to build a raft from different components to float and steer it successfully on the water.

A popular activity that comes with a warning - you may get wet!

Great for:

- Teamwork
- Problem Solving
- Using Initiative



Survivor

A true 'wilderness' experience as each group works as a team to assign responsibilities appropriately, design the best camp layout and build a shelter using the materials they find around them.

Navigational and meteorological skills are introduced under the guidance of our instructors.

Great for:

- Using Initiative
- Resourcefulness
- Teamwork



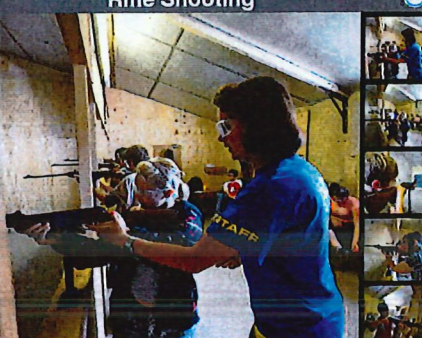
Rifle Shooting

A fantastic activity for encouraging concentration, steady breathing and a good eye for accuracy.

Lightweight air rifles are used under the supervision of our qualified instructors within purpose-built ranges that offer a safe environment to develop technique and accuracy.

Great for:

- Concentration
- Motivation
- Self Reliance



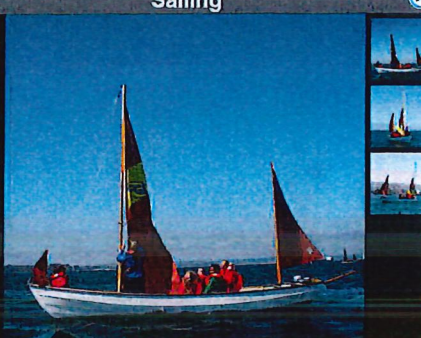
Sailing

Hands-on experience in raising and lowering sails and getting a chance to steer the boat makes this a great opportunity for groups of all ages and abilities.

Our experienced instructors are RYA qualified and will be on-hand to offer guidance and advice.

Great for:

- Sports Skills
- Teamwork
- Using Initiative



Activities at PGL Osmington Bay

Kayaking

Our qualified instructors guide each individual through the basic techniques required before the fun begins on the water!

A series of group games and challenges help to develop technique, confidence and teamwork within the group.

Great for:

- Sports Skills
- Teamwork
- Confidence Building



Dragon Boating

Working in teams of up to 24, groups can test their paddling skills! Our 13 metre dragon boats offer a fantastic experience on the water.

Our skilled instructors will take each group through the basics of steering, paddling and technique before the races begin!

Great for:

- Sports Skills
- Teamwork
- Communication





OSMINGTON BAY

Evening Activities

The PGL experience doesn't stop at dinner time. Our packed evening activity programme will keep your group entertained right up until bedtime, providing them with adventures from sunrise to sunset!

AMBUSH

If you love hide and seek, you'll adore Ambush which takes this popular group game and ramps it up an extra notch! After sundown your group will split into small teams, with one team hiding within the centre grounds, leaving a trail for their competitors to follow. Great for developing strategic and team building skills. Ambush is usually run in the dark, and torches are advised. Available September to March.

AGE
9+



BALLOON SPLASH

Each team completes a series of challenges or games to earn coins that will allow them to purchase items from a mystery box! Teams will then work closely together to create the best contraption to protect their water balloon from destruction.

AGE
7-11



CAMPFIRE

The ultimate way to enjoy the great outdoors as a group! Enjoy a campfire tailored to your requirements. Get hands-on constructing your campfire during the day, and it will be lit ready for you to enjoy in the evening. If your group loves to sing or simply relax with some games around the campfire, our team can cater for all ages in the idyllic settings of our campfires.

*If you wish to request a solo campfire please do so through the reservations team.

ALL
AGES



ARCHERY TAG

Let the battle commence! Archery with a twist - you are aiming for each other! In this game of skill and teamwork you are equipped with foam tipped arrows to battle it out in action packed games. You will do some basic skills training before entering the arena to see who comes out victorious! Available March to September, Archery Tag is also a daytime activity.

AGE
9+



BEACH CHILL OUT

The idyllic setting of Osmington's pebble beach is the ultimate backdrop to a fun evening of socialising, music and beach games. After a busy day of action-packed activities this is the perfect activity to unwind and spend some free time together as a group!

AGE
11+



CAPTURE THE FLAG

An inclusive, high-energy game in which teams work together to capture the opposing team's flag, while avoiding being captured or losing their own! The key to this game is pre-planning, communication and teamwork. Available mid-March to September.

ALL
AGES



KEY

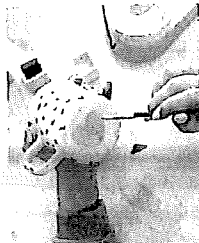
Active / Energetic Creative Teamwork/ Communication Planning/Problem Solving



CERAMIC PAINTING

Release your inner artist and get creative painting an item from our selection of ceramic pieces. Each guest will have the chance to decorate one item to take home with them. A relaxing and sociable evening session.

AGE
11+



DISCO

A popular last evening session, your group will enjoy learning the moves to popular hits, and singing their hearts out to some old classics with their friends. A fun and sociable evening.

*If you wish to request a solo disco please do so through the reservations team.

AGE
7-11



PGL TOURNAMENT

At PGL Tournament guests will play a series of exciting team games and complete a selection of individual challenges to determine which team is the best! Challenges include: Basketball Shoot, Human Skittle and Ultimate Frisbee.

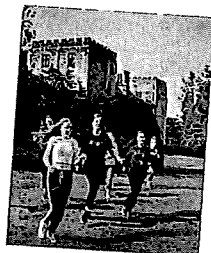
ALL
AGES



CLUEDO

Team PGL need help to solve a great mystery onsite! Groups are given a map with locations of characters on, and a score card to find out who committed the crime! In groups they'll work to locate the character somewhere onsite and have a task to complete to receive information about the suspect. This game can take place in the evening, so torches are advised.

AGE
7-11



PASSPORT TO THE WORLD

Hop aboard PGL airlines to take a trip around the world! Here, groups are given a map with a mixture of country flags located around the site. Each country has a plaque located on the point on the map. The plaques have questions to answer related to that country, which must all be answered correctly before returning to base. It might be dark when this activity takes place, so torches are advised.

AGE
9-11



SILENT DISCO

Bring all the fun of a normal disco but with the added extra of being able to pick the tunes you like! Party the evening away with your friends and don't be mistaken for thinking this disco will be silent, sing like nobody is listening and dance like nobody is watching!

ALL
AGES

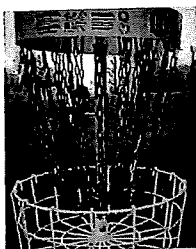


DISC GOLF

(Group of 24 max)

Your group will love trying their hand at this exciting, fast-paced sport in the great outdoors! A flying disc sport, players will take it in turns to throw a frisbee disc at a target as they make their way across a 9-holed disc course! The perfect introduction to both frisbee and golf, Disc Golf is the ideal way to incite a little healthy competition amongst groups! Disc Golf is also a daytime activity.

AGE
9+



QUIZ

In teams, groups are set Q&A-style challenges with lots of interaction and plenty of variety to keep them motivated, and maximise participation.

ALL
AGES



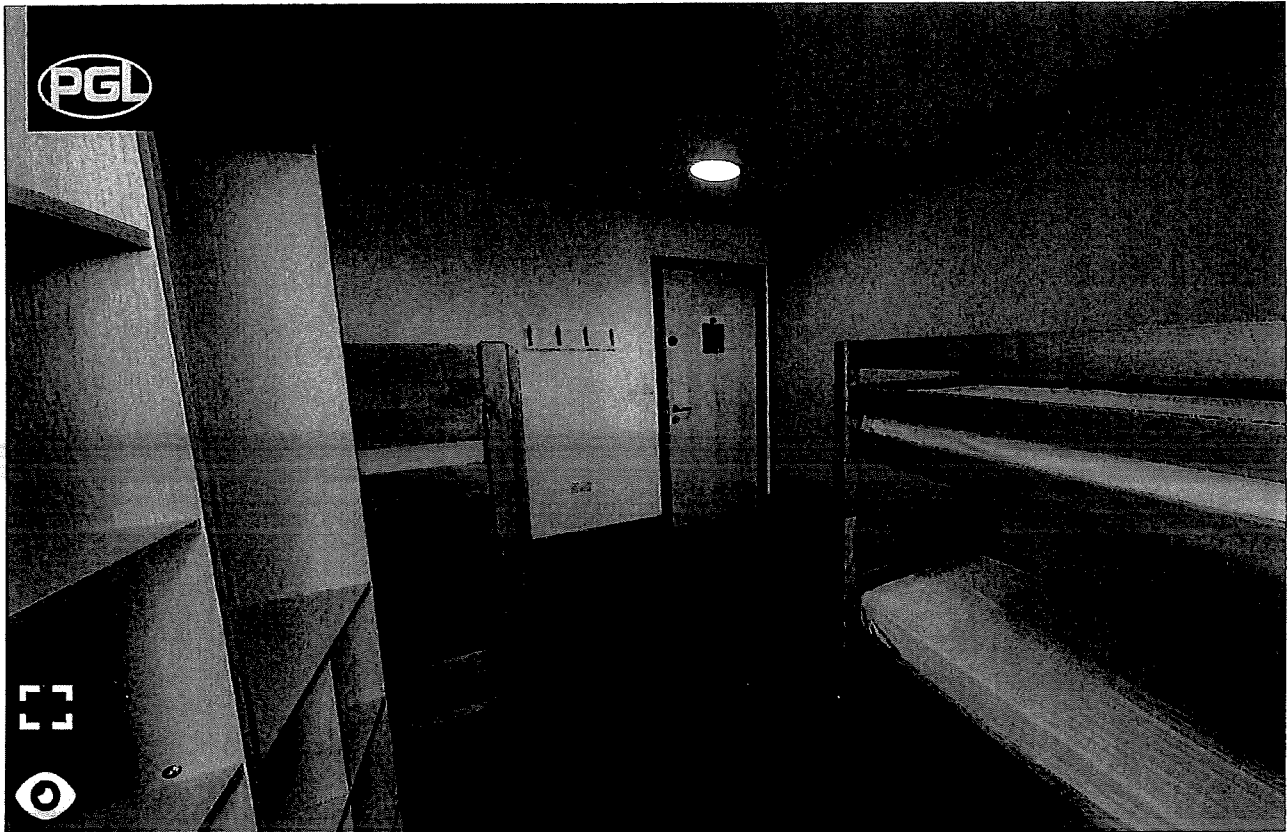
A PGL team member will lead each session. Please ensure there is at least one supervising adult from your group present to support your Evening Activity programme. All activities are suitable for large or small groups unless otherwise stated.

The Evening Activity sessions are 1 hour long except Archery Tag which is 1 1/2 hrs.

KEY

⚡ Active / Energetic ✎ Creative 👤 Teamwork / Communication 📝 Planning / Problem Solving

Accommodation at Osmington Bay



REFUEL

WITH OUR

DELICIOUS MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Baked Beans (v) (100kcal)
Hash Browns (v) (100kcal)
Fresh Mushrooms (v) (100kcal)
Sausages (v) (100kcal)
Quorn™ Vegan
Cumberland (v) (100kcal)

Baked Beans (v) (100kcal)
Hash Browns (v) (100kcal)
Fresh Mushrooms (v) (100kcal)
Bacon (v) (100kcal)
Quorn™ Vegan
Cumberland (v) (100kcal)

Baked Beans (v) (100kcal)
Hash Browns (v) (100kcal)
Fresh Mushrooms (v) (100kcal)
Sausages (v) (100kcal)
Quorn™ Vegan
Cumberland (v) (100kcal)

Baked Beans (v) (100kcal)
Hash Browns (v) (100kcal)
Fresh Mushrooms (v) (100kcal)
Bacon (v) (100kcal)
Quorn™ Vegan
Cumberland (v) (100kcal)

Baked Beans (v) (100kcal)
Hash Browns (v) (100kcal)
Fresh Mushrooms (v) (100kcal)
Bacon (v) (100kcal)
Quorn™ Vegan
Cumberland (v) (100kcal)

Baked Beans (v) (100kcal)
Hash Browns (v) (100kcal)
Fresh Mushrooms (v) (100kcal)
Sausages (v) (100kcal)
Quorn™ Vegan
Cumberland (v) (100kcal)

Baked Beans (v) (100kcal)
Hash Browns (v) (100kcal)
Fresh Mushrooms (v) (100kcal)
Bacon (v) (100kcal)
Quorn™ Vegan
Cumberland (v) (100kcal)

LUNCH

Pepperoni Pizza (100kcal)
Margherita Pizza (v) (100kcal)
Plant-based Margherita
Pizza (v) (100kcal)
Served with: Skinny Fries (v)
(100kcal)

Beef Burger (100kcal)
Meatless Farm™ Plant
Based Burger (100kcal)
Served with: Ziggy Fries (v) (100kcal)
Sweetcorn (v) (100kcal)
Sauce (v) (100kcal)

Battered Chicken
Chunks (100kcal)
Vegetable Nuggets (v)
(100kcal)
Served with: Potato Wedges (v)
(100kcal)
Sweetcorn (v) (100kcal)
Sauce (v) (100kcal)

Homemade Beef
Bolognese (100kcal)
Homemade Vegetable
Ratatouille (v) (100kcal)
Served with: Penne Pasta (v)
(100kcal)
Garlic Bread (v) (100kcal)
Grated mild cheddar (v) (100kcal)

Battered Fish
Chunks (100kcal)
Jumbo Sausage
Quorn™ Fishless Fingers
(v) (100kcal)
Served with: Skinny Fries (v)
(100kcal)
Sweetcorn (v) (100kcal)
Sauce (v) (100kcal)

Jacket Potato (v) (100kcal)
Served with your choice of: Grated
Mild Cheddar (v) (100kcal), Baked
Beans (v) (100kcal) or Tuna Mayo
(100kcal)

Roast Beef (100kcal)
Meatless Farm™ Plant-
based Chicken Breast
(v) (100kcal)
Served with: Roast Potatoes (v)
(100kcal), Yorkshire Pudding (v)
(100kcal), Fresh Broccoli (v) (100kcal)
Baby Carrots (100kcal), Gravy (v)
(100kcal)

Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (v) with bread roll (v) available each day

DINNER

Chicken Katsu Curry (100kcal)
Homemade Beef
Lasagne (100kcal)
Vegetable Lasagne (v)
(100kcal)
Sides: Garlic Bread (v) (100kcal), Rice
(v) (100kcal), Sweetcorn (v) (100kcal),
Fresh Broccoli (v) (100kcal)

Fish Fingers (100kcal)
Hunters Chicken (100kcal)
Shepherdless Pie (v)
(100kcal)
Sides: Baby Potato (v) (100kcal),
Baby Carrots (v) (100kcal), Whole
Green Beans (v) (100kcal)

Chicken Curry (100kcal)
Baked Cheesy Meatballs
(100kcal)
Vegetable Curry (v) (100kcal)
Sides: Rice (v) (100kcal), Penne Pasta
(v) (100kcal), Mixed Vegetables (v)
(100kcal)

PGL's Sausage Pasta
Bake (100kcal)
Chicken Kiev** (100kcal)
Homemade Sausage &
Bean Casserole (v) (100kcal)
Sides: Washed Potato (v) (100kcal), Baby
Carrots (v) (100kcal)

Beef Burger (100kcal)
Homemade Mac 'n'
Cheese (v) (100kcal)
Meatless Farm™ Plant
Based Burger (v) (100kcal)
Sides: Ziggy Fries (v) (100kcal), Big
Sweetcorn (v) (100kcal), Skinny Fries (v)
(100kcal), Beans (v) (100kcal)

Battered Chicken
Chunks (100kcal)
Homemade Beef
Lasagne (100kcal)
Vegetable Lasagne (v) (100kcal)
Sides: Garlic Bread (v) (100kcal), Big
Sweetcorn (v) (100kcal), Skinny Fries (v)
(100kcal), Mixed Vegetables (v) (100kcal)

Fish Fingers (100kcal)
PGL's Sausage Pasta
Bake (100kcal)
Shepherdless Pie (v) (100kcal)
Sides: Cheesy Garlic Potato (v)
(100kcal), Baby Potato (v) (100kcal),
Sweetcorn (v) (100kcal), Whole Green
Beans (v) (100kcal)

Homemade Iced Sponge
Cake (v) (100kcal)

Chocolate Muffin (v) (100kcal)

Jam Doughnuts (v) (100kcal)

Homemade Chocolate
Sponge (v) & Chocolate
Custard (v) (100kcal)

Homemade Apple
Crumble (v) & Vanilla
Custard (v) (100kcal)

Chocolate Muffin (v)
(100kcal)

Chocolate Cookies (v)
(100kcal)

Nothing you fancy? Penne pasta (v) with tomato sauce (v) and grated cheese (v) available each day

Available daily

Unlimited salad bar:

A combination of plant salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner.

Fresh fruit:

A variety of fresh fruit is available at all meals.

Allergy information

If you or a member of your group has a food allergy, please let us know prior to arrival. Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.

Not all ingredients are included in the menu descriptions, please ask for more information.

Ingredients can occasionally be substituted or changed at short notice - always review the allergy information available from the Catering Management Team each service. We are committed to ensuring that our allergen information is accurate and up to date. We mark, and in part, the allergen band.

We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

About our food

All our whole cuts are Free Range.

All our products are free from Genetically Modified ingredients.

All our products do not contain nuts or peanuts.

All our fish, free products and seafood are MSC certified, which is from a sustainable source and dolphin safe.

Although our menu has been tested, some small bones may remain in our meat, which is not an allergen. Some small pieces may remain on our eggs, and some olive stones may remain in our salads.

Where used, our team is informed from selected cuts of pork with added water.

* Small children can share on a side.

** Chopped and sliced chicken.

We aim to make our food enjoyable for as many people as possible, so we have a great range of vegetarian (v), vegan/vegetarian (vv) and dietary-specific dishes. Calorie values are based on an adult portion - Adults need around 2000 kcal a day.