

PENTRELLYN CYMER OUTDOOR EDUCATION CENTRE
WHAT TO BRING – EQUIPMENT CHECK LIST

A range of technical equipment and clothing is available for loan from the Centre's Stores, e.g. waterproofs, wellies etc. Students are encouraged to bring any of their own equipment if they wish. Would parents please ensure that children bring the following items:

Please use a small soft bag which can be carried by your child.
Avoid large suitcases as these cause transport difficulties.

- ◆ Packed lunch for first day
- ◆ Sleeping Bag/ Duvet
- ◆ Pillow Case
- ◆ Wellies if you have them
- ◆ 1 pair of old trainers for watersports
- ◆ 2 Pairs of warm trousers – e.g. tracksuit bottoms (not jeans – which are unsuitable for walking)
- ◆ 1 Jumper or sweatshirt
- ◆ 2 T. Shirts (not cotton ones if possible)
- ◆ 2 Pairs of thick socks
- ◆ Hat and Gloves
- ◆ Underwear
- ◆ swimwear
- ◆ Towel
- ◆ Toilet requisites (soap, shampoo, toothbrush, etc)
- ◆ Nightwear / pyjamas
- ◆ Torch & spare batteries
- ◆ Water bottle – at least ½ litre – an old pop bottle will do
- ◆ Slippers or indoor footwear
- ◆ 1 set of clothes for non activity time
- ◆ Bin bag for taking home wet clothes
- ◆ Pocket Money for Centre tuck shop

Optional Extras:

- ◆ Walking Boots
- ◆ Disposable Camera
- ◆ Sunglasses, sun hat, suntan lotion in the summer time
- ◆ Insect repellent (May to September) (Must NOT contain DEET as this damages safety equipment)
- ◆ If the pupil wears spectacles, a spare pair should be brought along

It is important to remember that activities will be hard on clothes so – the older the better!

CANOLFAN ADDYSG A WYR A GORED PENTRELLYN CYMER
BETH I DDOD EFO CHI – RHESTR OFFER

Mae amrywiaeth o offer technegol a dillad ar gael i'w benthg o stôr y Ganolfan, e.e. dillad gwrthsefyll dŵr, wellies etc. Mae disgyblion yn cael eu hannog i ddod â'u hoffer eu hunain os dymunant. A wnaiff rhieni sicrhau bod eu plant yn dod â'r eitemau canlynol:

Defnyddiwch fag meddal bach y gall eich plentyn ei gario. Osgoi cês dillad mawr gan ei fod yn achosi anhawster cludiant.

- ◆ Pecyn cinio ar gyfer y diwrnod cyntaf
- ◆ Sach gysgu/ Duvet
- ◆ Cas gobennydd
- ◆ Wellies os oes ganddynt rai
- ◆ 1 pâr o hen esgidiau ymarfer ar gyfer chwaraeon dŵr
- ◆ 2 drywsus cynnes – e.e. gwaelod tracsiwt (nid jîns – sy'n anaddas ar gyfer cerdded)
- ◆ 1 siwmpwr neu sweter
- ◆ 2 crys T (nid cotwm os yn bosibl)
- ◆ 2 bâr o hosanau
- ◆ Het a menig
- ◆ Dillad isaf
- ◆ Dillad nofio
- ◆ Lliain
- ◆ Pethau toilet (sebon, siampŵ, brwsh dannedd, etc)
- ◆ Dillad nos / pyjamas
- ◆ Tortsh a batri sbâr
- ◆ Potel ddŵr – o leiaf ½ litr – fe wnaiff heb botel bop y tro
- ◆ Slipers neu esgidiau dan do
- ◆ 1 set o ddillad ar gyfer pan na fo gweithgaredd
- ◆ Bag bin i fynd â dillad gwlyb adref
- ◆ Arian poced ar gyfer siop y ganolfan

Dewisol:

- ◆ Esgidiau cerdded
- ◆ Camera tafladwy
- ◆ Sbectol haul, het haul, hufen haul yn yr haf
- ◆ Chwistrell gwybed bach (Mai hyd at Medi)(Ni ddylsai gynnwys DEET gan fod hwn yn niweidio offer diogelwch)
- ◆ Os yw'r disgybl yn gwisgo sbectol, dylid dod â rhai sbâr

Mae'n bwysig cofio y bydd gweithgareddau yn drwm ar ddillad, felly po hynaf y gorau!