

RHESTR OFFERE

Bydd offer technegol yn cael eu benthg i chi o Storfa y Ganolfan e.e. dillad dal dwr, esgidiau cerdded/ welis, siwmpwr fflisTac ati. Anogir y disgyblion i ddod ag offer eu hunain os ydynt yn dymuno. A wnaiff rhieni sicrhau bod eu plant yn dod a'r canlynol os gwelwch yn dda:

- 2 bar o esgidiau (trainers) (1 ar gyfer chwaraeon dwr)
- Welis ac esgidiau cerdded wedi ei marcio yn amlwg gydag enw eich plentyn (os ar gael)
- 2 bar o drwsus cynnes e.e. trwsus ymrfer Corff (dim jins - sy'n anaddas ar gyfer cyrdded)
- 2 siwmpwr
- 2 grys T (nid rhai cotwm os yn bosib; crysau chwaraeon yn well)
- O leiaf 3 par o sannau, rhai trwchus yn well.
- Hat a menyg
- Dillad isaf
- Dillad nofio a thowel
- Hen drwsus byr llaes ar gyfer gwisgo dros wetsuit, hyd yn oed yn y gaeaf.
- Offer ymolchi a thowel (e.e. sebon, siampwr brwsh dannedd ac ati)
- Dillad nos/pyjamas
- Sliperi neu esgidiau dan do addas.
- Fflachlamp a batris ychwanegol
- Potel ddwr - o leiaf 1/2/ litr, hen botel pop yn iawn.
- 1 set o ddillad ar gyfer amser heb weithgareddau.
- Bag bin ar gyfer mynd a dillad gwlyb adre.
- Arian poced ar gyfer Siop Rhoddion y Ganolfan.

BYDD ANGEN SACH GYSGU, GORCHUDD GOBENYDD A PECYN BWYD AR GYFER Y DIWRNOD CYNTAF AR GYFER DISGYBLION SYDD YN YMWELD A PENTRELLYNCYMER

Ychwanegolion dewisol:

- Llyfr I ddarllen/cardiau/papur a phensil ar gyfer cyfnodau distaw.
- Sbectol haul, eli haul a het haul yn yr haf.
- Eli gwaredu pryfaid (Mai i Medi). DDIM YN CYNNWYS DEET gan ei fod yn niweidiol i offer diogelwch.
- Os oes gan y disgybl sbectol, dylid dod a phar sbar.

Peidiwch dod a:

- Ffon symudol, camerau digidol, dyfeisiadau trydanol, losin a siocled.

Cofiwch y bydd y gweithgareddau yn niweidiol i ddillad, felly hen ddillad sydd orau!

OS GWELWCH YN DDA DEFNYDDIOCH FAG BACH MEDDAL, ADDAS I'CH PLENTYN I'W GARIO. OSGOWCH 'SUITCASE' GAN Y GALLAT ACHOSI TRAFFERTHION TRAFNIDIAETH.

EQUIPMENT CHECKLIST

Technical equipment will be loaned from the Centre Stores, e.g. waterproofs, fleece jumper, boots/wellies etc. Students are encouraged to bring any of their own equipment if they wish.

Would parents please ensure that the children bring the following items:

- 2 Pair of old trainers/pumps (1 for watersports)
- Wellies & walking boots clearly marked with child's name (only if you have them)
- 2 Pairs of warm trousers – e.g. tracksuit bottoms (not jeans – which are unsuitable for walking)
- 2 jumper / sweatshirt
- 2 T- Shirts (not cotton ones if possible; sports shirts/baselayers are ideal)
- At least 3 pairs of socks, the thicker the better.
- Hat and gloves
- Underwear
- Swimwear and towel
- Old baggy shorts to wear over wetsuits, even in winter.
- Wash kit and towel (toiletries, e.g. soap, shampoo, toothbrush, etc)
- Nightwear / pyjamas
- Slippers or indoor footwear
- Torch & spare batteries
- Water bottle – at least ½ litre – an old pop bottle will do
- 1 set of clothes for non-activity time
- Bin bag for taking home wet clothes
- Pocket Money for Centre Gift Shop.

PUPILS VISITING PENTRELLYNCYMER CENTRE ONLY WILL ALSO REQUIRE: SLEEPING BAG, PILLOW CASE, PACKED LUNCH FOR ARRIVAL DAY.

Optional Extras:

- Reading book/cards/pens & paper for quiet time.
- Sunglasses, suntan lotion, sun hat 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.

Please do not bring:

- Mobile phones, digital cameras, electronic devices, sweets and chocolate.

It is important to remember that activities will be hard on clothes so – the older the better! PLEASE USE A SMALL SOFT BAG WHICH CAN BE CARRIED BY YOUR CHILD. AVOID LARGE SUITCASES AS THESE CAN CAUSE TRANSPORT DIFFICULTIES.