

wales 2024

20-24<sup>th</sup> May 2024



# Monday

Arrive at school normal time – drop off bags and give medication to identified staff. All children register in the hall – parents to wait in the playground Depart School by 9.15am – Bring packed Lunch for on the way

Arrive Big Pit 1pm (underground at 1.30pm) Arrive Hampshire Mountain Centre at approximately 5pm  
Health and safety talk Allocate kit  
Tea and hill walk.





## Argoed Lwyd Outdoor Education Centre - Activity Programme

Tuesday 21 <sup>st</sup> May		
Group Name	AM	PM
Group 1	Mountain	Mountain
Group 2	Mountain	Mountain
Group 3	Caving	Waterfall
Group 4	Waterfall	Caving
Group 5	Birdman	Orienteering
Group 6	Birdman	Orienteering

Wednesday 22 <sup>nd</sup> May		
Group Name	AM	PM
Group 1	Birdman	Orienteering
Group 2	Birdman	Orienteering
Group 3	Mountain	Mountain
Group 4	Mountain	Mountain
Group 5	Caving	Waterfall
Group 6	Waterfall	Caving

Thursday 23 <sup>rd</sup> May		
Group Name	AM	PM
Group 1	Caving	Waterfall
Group 2	Waterfall	Caving
Group 3	Birdman	Orienteering
Group 4	Birdman	Orienteering
Group 5	Mountain	Mountain
Group 6	Mountain	Mountain





The Mountain Centre will provide the children with walking boots, day bags, wellies, windproof and waterproof tops and trousers and caving suits.



# RESIDENTIAL KIT LIST

## PLEASE PUT YOUR CHILD'S NAME ON ALL ITEMS!

Children should bring enough sensible clothing for the duration of the visit. It is essential that everyone brings warm clothes as the weather in the mountains often changes considerably day to day. The children will be suitably kitted out dependent on the weather on the day of the activity.

Please bring a water bottle

Please bring a pillow

PLEASE BRING SUN CREAM

Activity clothes including:

Tee-shirts, long-sleeved shirts, sweatshirts, a fleece and/or warm jumpers. Lots of thin layers are better than one or two thick ones.

Trousers and joggers/tracksuit bottoms – comfortable to walk in is essential. No Jeans should be worn for activities.

Gloves and a hat

Nightclothes (dressing gown optional)

Sufficient socks and underwear, including vests (Pack more socks than you think your child will need as feet often get wet!) At least 3 pairs of footwear – wellies, trainers and shoes (wellies are sensible for some on-site activities and can be provided by the centre.

Washing items (facecloth, soap, shower gel, hairbrush, toothbrush and toothpaste)

A hand towel and 2 BATH TOWELS



At least two plastic bags/bin bags – to keep wet and dirty clothes separate from clean clothes

A game (not electronic) and a book to read

## Kit List Continued....

A cuddly toy (optional!) Kit should be packed in a large holdall or bag (**PLEASE TRY NOT TO BRING A MASSIVE SUITCASE**). They are awkward for children to carry between vehicles and accommodation and will take up lots of room in the dorms. Large holdalls are perfect if you have them.

All clothing and belongings should be labelled. It would be advisable if your child could pack his/her bag with you and make a list of all of the items in the bag.

**Any medicines** – clearly labelled – to be handed to a member of staff when you arrive at school.

**NO MOBILE PHONES** or electronic games. Please make sure children do not bring any valuables items such as expensive cameras, **smart watches**, clothing or jewellery.



# SAMPLE MENU

## **Breakfast:**

Cereal and/or sausage/veggie/Sausage bap

## **Lunch:** Sandwiches Options:

Ham

Cheese

Jam

Salad

Crisps/chocolate bar/ fruit

## **Dinner Options:**

Monday: Spaghetti Bolognese

Tuesday: Fish/Sausage and Chips

Wednesday: TBC

Thursday: BBQ





# Friday

Depart School HMC by 10.00am

Arrive at school at approximately 3.30pm

