



Nant BH Kit List



What to bring

Please make sure all items are labelled

Equipment such as waterproofs and fleeces will be loaned from the Centre Stores. Students are encouraged to bring any of their own equipment if they wish. **It is important to remember that activities will be hard on clothes so - the older the better!**

Please ensure that the children bring the following items:

Clothing

- Tops** → 2 jumpers/ sweatshirts
→ 3 T- Shirts (not cotton ones if possible; sports shirts/baselayers are ideal)
- Trousers** → 3 Pairs of warm trousers – e.g. tracksuit bottoms which are suitable for walking (not Jeans)
- Outdoor Jacket** → At least 5 pairs of socks (the thicker the better)
- Underwear and socks** → plus at least 5 sets of underwear.
- Clothes for wet activities** →
 - Swimwear
 - Towel
 - Old baggy shorts to wear over wetsuit (even in winter)
- 1 set of clothes for non-activity time**
- Nightwear / pyjamas**
- Pack everything in a small soft bag which can be easily carried**



Visiting in winter?

- hat & gloves
- warm coat

Visiting in summer?

- sun hat
- Sunscreen SPF 20+
- sunglasses
- insect repellent

must not contain DEET as this damages safety equipment

Footwear

- sturdy pair of trainers** → for walking or climbing
- old pair of trainers** → for water-sports not wetsuit shoes please.
- Slippers or indoor footwear**
- Wellies** → Clearly named and only if you have them

Other Essentials

- Towel**
- Toiletries** →
 - Soap
 - Shampoo
 - Toothbrush
 - Toothpaste
- Torch**
- Bin bag for taking home wet clothes**
- Water bottle** → An old pop bottle will do
- Pocket money for Centre gift shop (max. £20)**

Please do not bring



- Mobile Phones
- Digital Cameras
- Electronic Devices
- Sweets and Chocolate



Rhester Offer Nant BH



Beth sydd arnoch chi eu hangen

Plis gwnewch yn siŵr popeth wedi eu marcio'n amlwg gyda enw'ch plentyn

Bydd dillad gwrth-ddŵr a chynnes ar gael yn y Storfeydd Canolog ond anogir y myfyrwyr i ddod â'u dillad eu hunain. **Mae'n bwysig cofio y bydd y plant yn gwneud gweithgareddau corfforol ac yn baeddu/gwlychu - felly gwell ydi peidio â gwisgo dillad rhy dda!**

Gwnewch yn siŵr bod gan y plant yr eitemau canlynol:

Dillad

- Topiau** → 2 siwmpwr
→ 3 crys-T (nid rhai cotwm os yn bosib; crysau chwaraeon yn well)
- Trowsus** → 3 phâr o drywsus cynnes fel trywsus ymarfer corff (dim jîns, sy'n anaddas ar gyfer cerdded)

- Côt awyr agored** → O leiaf tri phâr o sanau, rhai trwchus yn well. O leiaf tri phâr o dillad isaf a sanau

- Dillad ar gyfer gweithgareddau gwlyb**
 - Dillad nofio
 - Tywel
 - Hen drywsus byr llaes ar gyfer gwisgo dros siwt wlyb, hyd yn oed yn y gaeaf.

- 1 set o ddillad ar gyfer amser heb weithgareddau.**

- Dillad nos/pyjamas**
- Rhowch bopeth mewn bag bach meddal sy'n addas i'ch plentyn i'w gario.**

Ymweliad yn y gaeaf?

- Het a menig côt gynnes**

Ymweliad yn yr haf?

- Het haul**
- Eli haul SPF 20+**
- Sbectol haul**
- Eli gwaredu pryfaid**

NID DEET gan ei fod yn peri difrod i offer diogelwch.

Esgidiau

- Pâr cadarn o trainers** → i gerdded neu dringo
- Pâr o hen trainers** → un pâr ar gyfer chwaraeon dŵr.
- Sliperi neu esgidiau addas i'w gwisgo dan do.**
- Welis** → wedi eu marcio'n amlwg gydag enw'ch plentyn

Hanfodion arall

- Tywel** → Sebon Siampŵ
- Pethau ymolchi** → Brwsh dannedd Past dannedd
- Fflachlamp**
- Bag bin ar gyfer mynd â dillad gwlyb adre** → **Potel ddŵr** → hen botel bop yn iawn
- Arian poced ar gyfer Siop Rhoddion y Ganolfan (dim mwy nag £20).**

Peidiwch â dod â



Ffôn symudol
Camerâu digidol
Dyfeisiau trydanol
Fferins a siocled