

RHESTR OFFER - PENTRELLYNCYMER

Cewch fenthyg offer technegol o Storfa'r Ganolfan, fel dillad dal dŵr, esgidiau cerdded / welis, siwmperi gwlanog ac ati. Anogir y disgyblion i ddod ag offer eu hunain os dymunant. Gofynnir i rieni sicrhau bod eu plant yn dod â'r canlynol os gwelwch yn dda:

- Dau bâr o esgidiau (trainers) (un pâr ar gyfer chwaraeon dŵr)
- Welis ac/neu esgidiau cerdded wedi eu marcio'n amlwg gydag enw'ch plentyn (os oes gennych chi rai)
- Dau bâr o drywsus cynnes fel trywsus ymarfer corff (dim jîns, sy'n anaddas ar gyfer cerdded)
- Dwy siwmpwr
- Dau grys T (nid rhai cotwm os yn bosib; crysau chwaraeon yn well)
- O leiaf tri phâr o sanau, rhai trwchus yn well.
- Het a menig
- Dillad isaf
- Dillad nofio a thywel
- Hen drywsus byr llaes ar gyfer gwisgo dros siwt wlyb, hyd yn oed yn y gaeaf.
- Tywel a phethau ymolchi (sebon, siampŵ, brwsh dannedd ac ati)
- Dillad nos/pyjamas
- Sliperi neu esgidiau addas i'w gwisgo dan do.
- Fflachlamp a batris ychwanegol
- Potel ddŵr - o leaf hanner litr, hen botel bop yn iawn.
- Un 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 (dim mwy nag £20)
- Bydd angen **SACH CYSGU a GORCHUDD GOBENNYDD**

Pethau dewisol:

- Llyfr i'w ddarllen/cardiaiu/papur a phensil ar gyfer cyfnodau distaw.
- Sbectol haul, eli haul a het haul yn yr haf.
- Eli gwaredu pryfaid (rhwng Mai a Medi). NID DEET gan ei fod yn peri difrod i offer diogelwch.
- Os yw'r disgybl yn gwisgo sbectol, dylid dod â phâr sbâr.

Peidiwch â dod â:

Ffôn symudol, camerâu digidol, dyfeisiau trydanol, losin a siocled.

Cofiwch y bydd y gweithgareddau'n baeddu dillad, felly hen bethau sydd orau!

RHOWCH BOPETH MEWN BAG BACH MEDDAL SY'N ADDAS I'CH PLENTYN I'W GARIO, YN HYTRACH NA DEFNYDDIO CÊS MAWR A FEDRAI BERI TRAFFERTHION.

EQUIPMENT CHECKLIST - PENTRELLYNCYMER

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 &/or walking boots clearly marked with child's name (only if you have them)
- 2 Pairs of warm trousers – e.g. tracksuit bottoms which are suitable for walking (not Jeans)
- 2 jumpers/ 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 (max. £20)
- You will also require a **SLEEPING BAG and PILLOW CASE**

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.