

CANOLFAN ADDYSG AWYR AGORED NANT BWLCH YR HAEARN
BETH I DDOD GYDA CHI – RHESTR OFFER

Mae amrywiaeth eang o offer technegol a dillad ar gael i'w benthycu gan y ganolfan, e.e. dillad glaw, siwmperi cynnes, esgidiau cerdded, bagiau cefn, siwtiau neoprene, etc. Anogir myfyrwyr i ddod ag unrhyw offer eu hunain os ydynt yn dymuno.

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

- ◆ 1 bâr o hen dreinyrs (1 pâr ar gyfer chwaraeon dŵr)
- ◆ Esgidiau glaw os oes ganddynt rai
- ◆ 2 bâr o drowseri cynnes – e.e. trosfer traciwt (nid jins – sy'n anaddas i gerdded)
- ◆ 1 dop cynnes / siwmperi/ crysau chwys
- ◆ 2 crys T. (nid rhain cotwm os posib)
- ◆ 2 pâr o sanau trwchus – gwllân, (nid sanau treinyrs)
- ◆ Het a menig
- ◆ Dillad isaf
- ◆ Dillad nofio
- ◆ Hen shorts llac i wisgo dros siwtiau neoprene
- ◆ 1Dywel
- ◆ Offer ymolchi (sebon, siampŵ, brws dannedd, etc)
- ◆ Dillad nos / pyjamas
- ◆ Slipers neu esgidiau dan do
- ◆ Torsh a batris sbâr
- ◆ Potel dŵr – o leiaf ½ litr – hen botel pop yn iawn
- ◆ 1 set o ddillad ar gyfer pan na fo gweithgaredd
- ◆ Bag bin ar gyfer dillad gwlyb
- ◆ Arian poced ar gyfer siop y ganolfan

Dewisol:

- ◆ Esgidiau cerdded
- ◆ Camera tafladwy
- ◆ Sbectol haul, hylif haul, het 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 ddod a pâr sbâr

Ni ddylid gwisgo dillad newydd neu orau – po hynaf y gorau!

NANT BWLCH YR HAEARN OUTDOOR EDUCATION CENTRE
WHAT TO BRING – EQUIPMENT CHECK LIST

A wide range of technical equipment and clothing is available for loan from the Centre Stores, e.g. waterproofs, fleece jumper, boots, rucksack, neoprene wet-suits, etc. Students are encouraged to bring any of their own equipment if they wish.

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

- ◆ 1 Pair of old trainers (for watersports)
- ◆ Wellies if you have them
- ◆ 2 Pairs of warm trousers – e.g. tracksuit bottoms (not jeans – which are unsuitable for walking)
- ◆ 1 jumper / sweatshirt
- ◆ 2 T. Shirts (not cotton ones if possible)
- ◆ 2 Pairs of thick socks – woollen, (not trainer socks)
- ◆ Hat and gloves
- ◆ Underwear
- ◆ Swimwear
- ◆ Old baggy shorts to wear over wetsuits
- ◆ 1 Towel
- ◆ Toilet requisites (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 Tuck Shop

Optional Extras:

- ◆ Walking boots
- ◆ Disposable camera
- ◆ 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

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