



Arthog Trip 2019

Parent and Pupil
Information

Key Info

- Depart 9am Monday 11th February
- Return 4pm (approx) Wednesday 13th February
- 17 pupils + 3 adults (Mr Field, Mrs James and Mrs Norris)
- Arthog Outdoor Education Centre
- Address:
Bwlchgwyn
Arthog
LL39 1BX
- Telephone: 01341 250455
- <http://www.arthog.co.uk/>

Arthog

- Shropshire and Telford and Wrekin's famous Outdoor Education Centre
- Stunning location and nearby natural resources in North Wales
- Overlooks Mawddach Estuary and sits next to Fairbourne
- Recently renovated accommodation
- Fully qualified and experienced staff

Location



Location



Location



Departure

- Depart approx 9am Monday 11th February
- Depart from Shrewsbury Road
- Children to come into school as usual for registration (and put bags in hall, take register, meds)
- Parents may wave off the children, but please park considerately

Monday 11th February

- Leave at 9.00am (comfort stop expected to be at Bala)
- Arrive for lunch – Please provide a packed lunch in a carrier bag – will be thrown away
- Children put their bags into storage
- Get kitted out!
- Team-building Tasks
- Tea
- Activity on site
- Supper and Bedtime – approx 9.00pm

Tuesday 12th February

- 7/8am Breakfast and jobs
- AM – Canoeing
- Lunch
- PM – Gorge Walking
- Tea
- Night Walk
- Supper, Shop and Bedtime

Wednesday 13th February

- 7/8am Breakfast
- Pack up luggage
- Orienteering
- Lunch
- Depart at around 1pm
- Arrive back at school at around 4pm
- Catch up on sleep!

Activities

- Daytime activities are led by an Arthog instructor
- Nighttime activities are led by school staff
- All instructors are fully trained
- All equipment is provided

Health and Safety

- Please put all medication in a named bag with dosage information
- Mr Field, Mrs James and Mrs Norris are First Aiders
- We will be with children at all times (we will sleep in nearby rooms)
- All Arthog instructors are fully qualified in Outdoor Education
- Risk assessments have been carried out for all aspects of the residential trip
- In emergency situations, the local medical centre is at Barmouth and nearest hospital is Bangor

Food

- Meals are provided by the Arthog kitchen
- **Breakfast**
- Comprises a choice of cereal, toast, cooked course and tea or coffee.
- **Lunch**
- Comprises packed lunches (sometimes soup too!)
- **Evening meals**
- Includes a choice of main course plus selection from the salad bar followed with a choice of dessert.





Accommodation

- We will share Arthog with other Schools
- Boys and girls sleep separately
- Mrs Norris and Mrs James will sleep in a room adjacent to the girls, Mr Field will sleep in a room near to the boys
- Quilts and pillows are provided
- Children will sleep in bunk-beds



Other Areas at Arthog

- Sitting Room
– including games, seating and a meeting area
- Low-level Climbing Wall
- Table Tennis
- Kit Store



Top Tips for Arthog

- Make sure everything is labelled
- Children should pack/help pack their luggage!
- Each group will be allocated jobs
- Showers are available – adults will ‘remind’ children they need to shower!
- A drying room is available to dry wet clothes ; most clothes are lost here

What to take:

	Tick
Bottom sheet, duvet cover & pillowcase	
4-6 vests/t shirts	
3-5 sweatshirt/jumpers/fleece tops	
4-5 sets underwear	
3-5 joggers/trousers	
Socks – 6-8 pairs of which 3 pairs are thick	
Warm hat/balaclava	
Gloves	
2 pairs shoes/trainers	
Wellies	
Pyjamas & slippers	
Swim wear (April-September)	
Towel/soap/shampoo	
Toothbrush/toothpaste	
Small metal thermos flask	
Plastic drinks bottle	
2 plastic carrier bags	

The checklist to the left contains the most important items. Listed below are useful extras – bring them if you’ve got them.

	Tick
Torch	
Plasters	
Stamps for postcards	
Sun cream	
Sunhat	
Lip salve	

Other things to bring...

- Bed sheet, quilt cover and pillowcase
- Maybe:
- Wellies and Walking Boots (these are provided if necessary)
- Up to £10 pocket money for the tuck shop – plan ahead using the list
- Rucksack (also provided)
- Extra carrier bags – for wet and/or soiled clothes

What not to bring!

- Phone/iPad/Camera/anything electronic!
- Sweets – we have hot chocolate and biscuits in the evening
- Spray deodorants
- Fashion clothes – just bring well-worn clothes!

Tuckshop

ITEM	COST
Drinks	£1.00
Dairy Chocolate	£1.00
Kit Kat	50p
T-shirt Adult	£6.50
T-shirt Child	£5.00
Bufs	£4.50
Key rings	£1.00
Compass key rings	£1.00
Mug – glitter	£2.50
Mug - ceramic	£3.50
Pen	£1.00
Pencil	50p
Notebook	£2.00
Eraser	50p
Ruler	50p
Teddy	£3.50
Hedgehog	£4.00
Sheep	£4.00
Water Bottle	£2.00
Post Card	50p
Stamps	67p

Contact with home...

- School will notify parents via ParentMail
- Any other contact will be in emergency situations via a phone call
- Children will not be allowed to call home

Any questions?

- Remember
- Label EVERYTHING!
- Children should help pack their luggage!
- Double check the Kit List!
- Label EVERYTHING!
- It is not a holiday – it is a superb outdoor learning experience!
- The children are representing our school
- Good listening = a good time!
- Label EVERYTHING!