

ARTHOG  
2018



# Wednesday 6<sup>th</sup> to Friday 8<sup>th</sup> June

- What your child will need to take.
- Before we go.
- Travelling arrangements.
- What will happen over the three days!

- Single bed bottom sheet
- Duvet cover and pillowcase
- Approx 8 pairs of socks (3 pairs of thick ones)
- 4-6 t-shirts
- 4-5 pairs of joggers or running trousers (these dry quickly) No jeans
- 3-5 sweatshirts/jumpers/hoodies
- 5 sets of underwear
- Pyjamas and slippers
- Toiletries – toothbrush & toothpaste, towel, soap, shampoo (Sorry no hairdryers)
- 2 pairs of trainers/shoes
- Plastic drinks bottle
- 2 plastic carrier bags (for dirty and wet washing)

## Kit List

Optional extras:

Torch

Wellies (they can borrow some from Arthog)

Sun cream

Small metal thermos flask

Sunhat

Lip balm

Money - £10 maximum



## Don't forget any medication!

*Please make sure you fill in a medication form with your child's name, medication and dose.*

*All medicine needs to be labelled and handed to a member of staff.*

# Things to practice and things to do on their own!



*One of the children's main obstacles is to make their own bed.*

*Practice doing this would help them a lot.*



*It would also be extremely helpful if they packed their own bag as they will have to do this when coming home. It is easier if they knew how things actually fit into the bag.*

# Travel Arrangements!

If your child suffers from travel sickness don't forget any medication for this please.

No sweets on the bus (except mints) as it gets too messy!

You'll receive a text message to tell of our estimated time of arrival back at school.

Day	Depart	Arrive
Wednesday	From the school carpark at 9am	Arrive at Arthog at approx. 11:30am
Friday	From Arthog at 1pm	Arrive back at the school carpark at approx. 3:30pm

# Wednesday 6<sup>th</sup> June Fun starts!!!



After arriving, the children are kitted out, given lunch and shown to their rooms.



During the afternoon, we will take part in our first activity –

**rock climbing!**

Tea-time is at 6pm. Then...



After tea on Wednesday, we will all be kitted up again to do the

**night line.**

It's a highlight for everyone (especially staff as we can't stop laughing).



# Thursday 7<sup>th</sup> June

After a 7am wake up call, its time for breakfast.  
Then time to get ready for the first activity of the day.



Our first activity is the Gorge Walk.

After, we go back to the centre, have lunch (after we have put on dry clothing!)

Then...

# It's activity two!



Kayaking  
Skills practice.



That's it, off we go!



On our way back in  
time for tea.





After tea, it's time for a leisurely walk along the coast.



When we return to the centre, it's PJs, slippers, hot chocolate and biscuit time, winding down for bedtime.

Friday 8<sup>th</sup> June, the last day ☹️

After breakfast, it's packing up, cleaning rooms and checking we haven't left anything time.



We can get proof that they can tidy up! This is available on request ;)



Last activity  
for us.

Trail Quest -  
an adventure  
walk and  
team building  
activity,  
then  
home....



*This year we are hoping for the children to blog on the school website each evening from Arthog (Wi-Fi permitting) about the day's activities.*

*Any questions?*