



Bryntysilio OEC

Llangollen, Wales

Year 7 & 8
Monday 2nd to Friday 6th June

- Arrive at school usual time with all your kit, we will depart later around 09:30.
- Travel by coach to Llangollen will take around 1.5 – 2 hours.
- We will return to school following morning activities and lunch so aim to be back to school for around 15:00.



Travel arrangements

Travel sickness

Please make us aware of any travel medication your child requires and ensure they have taken some before school on departure day and have some with them for the return journey.

- Mr Baker
- Miss Mayer
- Mr Harvey
- Miss Denne

Daily Routine

- Pre breakfast meeting
- Breakfast and tidy up
- Activities – full or ½ day
 - 1st activity back for lunch then 2nd activity
- Get together and reflect
- Evening meal
- Evening Activities
- Freedom of grounds – drawing, quiet reading, roam the grounds, star gazing...



Activities



Weather, location and group dependent.

Flexible to meet our needs.



DAY

1

Arrival
Wilderness Quest

2

Scramble
Gorge

3

Climbing
Mountain Biking

4

Full day adventure
(student choice)

5

Operation Windboar
Departure

evening

Local Exploration

Low Ropes

Night Line

Camp Fire



- Homely, family atmosphere.

- Table teams: serve, clear up and sweep up after meals

- **BREAKFAST:** Cereal, toast, cooked breakfast, yoghurt. Tea/coffee or juice

- **LUNCH:** Sandwiches, cake
(pupils help make them)

- **EVENING:** Cooked evening meal, desert or yoghurt



Meals



Bedrooms

- Bunk beds in small dorms
- Student make their own beds with their bedding



- Rooms on 3 floors
- Shared Bathrooms on each floor.



Overnight Kit

- Pillow & Pillow Case
- Bed Sheet (to cover mattress)
- Sleeping Bag or Duvet cover
 - Blanket
 - Pyjamas



**Please take a kit list
on your way out
today.**

OUTDOOR KIT

- 1 pair of laced trainers (that you don't mind getting wet) or Wellies
- 1 pair of robust / grippy walking shoes / trainers (for non-water activities)
- 1 pair indoor footwear (slippers or clean trainers)
- 3/5* pairs of warm socks
- 3/5* t-shirts / base layers
- 2 warm fleece mid layers
- 3/5* pairs hiking trousers / tracksuit bottoms for activity days (NOT jeans)
- Swimwear
- Old pair of loose fitting shorts (to wear over our wetsuit)
- Casual clothes for the evening (jeans, t-shirts, hoodies etc)
- Warm hat & / or Sunhat (as appropriate)
- Waterproof Jacket (recommended but we can provide if you don't have one)
- Waterproof Trousers (recommended but we can provide if you don't have one)

PERSONAL KIT

- Underwear for the 3/5* days
- Socks for 3/5* days
- Water bottle/s (enough for 2 litres of water)
- Toiletries / personal medication / Plasters / Lip Balm
- Towel (2 would be ideal, one for activities and one for showering).
- Books / entertainment for evening
- Small day rucksack 15 to 20 litres (to carry essential items, layers, lunch etc)
- Sunblock
- Midge repellent (if appropriate for the time of year)
- Midge Head Net (if appropriate for the time of year)
- 1 pair gloves (as appropriate)
- Torch
- Plastic Bags for dirty wet clothes
- Pocket Money for an Ice Cream

Do not worry about any technical equipment, this will be supplied so you don't have to buy anything for activities.



Kit List

Reminder

Please don't send children with expensive/ new/ precious items of clothing.

There is a tuck shop but **lots** of money for spending is **not** required.



Medication

Any medication required during the trip needs to be clearly labelled with your child's **name**.



Please tell us details of *dosage*, *frequency* and any other *conditions* for taking their medication on the **Consent** form provided.

Please send your child with their medication in one see-through plastic bag, also with their **name** clearly marked on it.

We will collect medication from the students before we depart school.



First Aid, Ticks & Periods

- All activity instructors have advanced outdoor first aid qualifications.
- Outdoor activities are fun and rewarding but do come with some risks.
- Bumps, bruises and grazes happen and will be treated appropriately.
- Encourage children to begin taking responsibility for minor preventatives and personal needs, like plasters for hot spots on feet before walking and applying sun cream etc.
- Ticks will be addressed immediately by an appropriate adult following UK government guidance.
- Spare period products available from all CMS staff.

Mobile phone policy

No mobile phones or devices are permitted.

Whilst away from home, your young people will be busy making memories, adventuring and having fun.



Mobile and electronic devices detract greatly from the experience for a young person so, as any normal school day, they are not permitted.

The school emergency contact number will be available throughout the duration of the trip should the need arise.



Photographs

- On Arbour, we have record of your photograph consent.
- We will do our best to capture everyone's adventures.
- Photos will be posted to the school's social media accounts as mobile signal allows.



Thank you.



Next Steps

- Please take a **kit list** and **consent** form today.

Tick your name off the list to acknowledge you have received these.

- **Dietary** requirements:

Please check that your child's dietary requirements already declared on Arbor are correct and please update any information as required using the form.

If you have new or undeclared requirements, please include this on the trip form to let us know how we can meet your child's needs.

- **Consent** form – complete and return to school ASAP
- *First day lunch order, dorms and groups will be arranged in a student meeting this week.*



Thanks for your time today and your support for us in supporting adventurous activities for all.

We can't wait to make memories like these...



Useful Links...

[Kit List](#)

[Managing Periods During Outdoor Activities](#)

[Tick Aware Leaflet](#)

[Further Tick Advice](#)

[Promotional Video](#)

[Bryntysilio OEC Website](#)



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