



Kit list for 3 night residential visit

- 2 pairs of Trainers at least (1 pair WILL get wet)
  - Several pairs of socks.
  - Warm pullovers/fleeces (x2)
  - T shirts / warm 'base layers' (x4)
  - Trousers (x2/3) - *quick drying, walking trousers or tracksuit probably best.*
  - Toilet bag, 2 towels and roll on deodorant (no sprays please).
  - Night clothes and slippers.
  - Sleeping bag, pillow and fitted single sheet.
  - Woollen hat and gloves for Winter / Suncream and cap in summer.
  - Waterproof coat
  - Bathing costume.
  - Personal drinks bottle (labelled)
  - Torch (with child's name)
  - Bin bag for wet/muddy clothes
  - Pocket money including change (small shop on site)
  - *Please do NOT send sweets or fizzy/sugary drinks*
  - Packed lunch for the journey on the first day (check with group leader).
  - For shorter stays, adjust accordingly.
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- *Please be reminded of the duration of the stay and that the transport AND bedrooms have limited storage. A flexible bag is better than a suitcase. A binbag for dirty clothes is also useful.*
  - Please label all children's possessions clearly.
  - Every effort is made on the last day of the visit to ensure that all 'stray' items are reclaimed before the group leave. Please emphasise to your child the importance of packing ALL their belongings as we are unable to post back items left behind. They should also bring a list with them so they can use it as a check list when re-packing.

*Thank you for your cooperation.  
Gethin & the team*

During their stay at Llain the pupils will be engaged in a variety of activities chosen from Climbing, High ropes, Zip line, Kayaking, Archery, SUP boarding, Orienteering, Coastal trekking, Mud run, Bushcraft/Forest schools and Problem solving games. The actual activity programme may depend on the weather and time of year.

**Adventurous Activities** – This subject is recognized on the National Curriculum and a residential activity visit gives pupils an opportunity of excitement, fun and a genuine sense of achievement.

Safety is of paramount importance and these activities are taught only by staff who are experienced and suitably qualified. All staff are also DBS checked and First Aid qualified.

**Licensing** – The activities provided at Llain are deemed as 'non licensable' by the HSE. On the rare occasions schools request 'licensable activities' these will be run by providers who are licensed by the Adventure Activities Licensing Authority, our main licensed provider being 'Activity Pembrokeshire Ltd'.

**AAALA number – R2369/L13755**

**Field Studies** – which may include plants and animals of the seashore, woodland studies, local coastal walks, location studies of New Quay or Aberaeron.

*We hope that, during their stay at Llain your child will benefit in a number of ways:*

- *An increased motivation and appetite for Learning outside the classroom.*
- *Increased confidence outside the classroom environment, cultivation of independence and broadening of horizons.*
- *An increased awareness of the natural environment.*
- *An awareness that physical activity, health and fitness can be fun.*

Please feel free to contact us prior to the visit if you have any queries regarding any aspect of the trip.

*Gethin & the team*  
**Llain Activity Centre**

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