

Maes y Lade.

Participant's Information Sheet & Clothing List

This list is suitable for a 5 day or weekend course.

SINGLE SHEET, DUVET COVER + PILLOWCASE – each bed is supplied with pillow & duvet – PLEASE DO **NOT** BRING SLEEPING BAGS.

3 sweaters (they must be warm)
2/3 pairs of trousers/tracksuit bottoms (warm & durable)
2/3 T-shirts or thermal tops
2 pairs of thick socks (to wear with hiking boots/Wellies)
Changes of underwear
Swimming costume or shorts (If canoeing)
Torch (medium sized plus spare batteries)
Personal first aid kit (including plasters)
Warm hat & gloves
A warm jacket
Large polythene bag for dirty laundry
Old trainers (for canoeing)
Spare shoes/footwear for use around the Centre

A change of clothes for evenings when in the Centre

Nightclothes
Washing kit
2 Towels
Sun cream for summer months

Please note that some of the activities involve getting wet and dirty and you need to bear this in mind when choosing clothing to bring.

All personal belongings should be clearly marked with the owner's name. We cannot be held responsible for lost items of clothing.

EQUIPMENT

The Centre can provide all specialist equipment, including waterproof jackets and trousers, walking boots, day sacks and other specialist clothing such as wet suits and caving suits.

POCKET MONEY

Pupils/students should not bring too much money as there is no centre tuck shop and no facilities for safekeeping. £10 should be sufficient.

Please Turn Over

DOMESTIC DUTIES

As part of the residential experience, all course members will be expected to share some of the domestic duties at the Centre such as keeping bedrooms and communal living areas tidy, helping to serve meals and cleaning activity equipment after use.

TELEPHONE

There is a payphone at the Centre telephone the number of which is **01497 847153**. This phone accepts incoming calls.

MOBILE PHONES:

Due to the geographical location of the centre, mobile phones do not work well in this area.

SMOKING & ALCOHOL

Maes y lade operates a non-smoking policy in all of the buildings and also whilst students are participating in activities or travelling in minibuses. Alcohol is not permitted to be consumed on the premises by persons under the age of 18.

UNSUITABLE/UNREASONABLE BEHAVIOUR

If a participant's behaviour is deemed to be unreasonable/unsuitable by Centre Staff, they may be sent home and no refund given.

CONSENT FORMS

Parents/Guardians are reminded of the importance of correctly completing the consent form. This confidential information is vital as the activity organisers & Instructors will need to know of any medical/dietary problems etc. that the young people in their care may have. The final acceptance of students on the course is at the discretion of the Manager.

INSURANCE

Maes y lade does provide liability insurance cover. However, there is no arranged cover to provide automatic compensation for persons injured in the course of activities/programmes or for the loss of personal equipment, or cancellation. **Participants should check that their group leader has arranged this cover before attending the course.**

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