

Year 7/8 Residential

St Davids

18th-22nd July 2022



Introduction

We will be based at Celtic Camping, a few miles outside of St Davids. Activities will take place at Whitesands beach or at the harbour in Porthclais. All activities are led by TYF, which is an adventure company based in St Davids.



Meals

Apart from lunch on the first day, all meals are provided. There is a cooked breakfast, cereal and toast each morning and a hot meal in the evening. Packed lunches will be provided for lunchtime.



Please ensure that you have indicated on the data form if your son/daughter has any dietary requirements. Please also ensure that your son/daughter has a packed lunch for the first day.

Spending money

We will be stopping for a refreshment break on the journey to St Davids and we will then head to one of the beaches around St Davids for a picnic and some beach games. There may also be opportunities on some afternoons to purchase ice creams and drinks at the beach. We would therefore recommend around £10-15.



Mobile phones and electronic devices

We have taken the decision **NOT TO ALLOW** any student to bring a mobile phone or electronic device. There is no student Wifi at the

accommodation and there is little to no mobile phone signal. There have been breakages in the past and we would like to avoid the issues that arise as a result. This will also help students get a good night's sleep. Your support on this issue would be appreciated.



Itinerary

Monday	
9.00	Meet in LHS carpark and prepare to depart
11.30	Rest stop - food can be purchased
13.00	Arrival Picnic and beach games
16.00	Arrive
18.30	Evening meal and settling in

Tuesday	
8.00	Breakfast
09.00-17.00	Costal Explore - Group 1 Surfing - Group 2 Climbing - Group 3
18.00	Evening meal
19.00	Quiz night

Wednesday	
8.00	Breakfast
09.00-17.00	Costal Explore - Group 2 Surfing - Group 3 Climbing - Group 1
18.00	Evening meal
19.00	Film night

Thursday	
8.00	Breakfast
09.00-17.00	Costal Explore - Group 3 Surfing - Group 1 Climbing - Group 2
18.00	Evening meal
19.00	Debrief and presentations

Friday	
9.00	Breakfast and depart
12.30	Lunch stop
14.00	Estimated return to LHS.

Kit List

- Underwear
- Socks & one pair of thick/walking socks Toiletries
- Nightwear Swimwear
- Two towels (one for water activities and one to keep at the centre for showers)
- Tracksuit bottoms
- Old shorts (for over the top of wetsuit when coasteering)
- T-shirts
- Jumpers
- Clothes for the evenings Waterproof jacket / coat Waterproof trousers (optional)
- 1 Pair of Old trainers (lace up type) for water activities
- Walking boots or suitable sturdy trainers (must be lace up type)
- Shoes for the evening
- Books
- Hat
- Water Bottle
- Sun cream
- Sunglasses
- Any medication (labelled in a plastic bag)
- Pocket money Between £10-£15
- Rucksack for daily use

The centre provides ALL bedding

Clothing & Equipment for activities

Coasteering

You bring: Rucksack, T-Shirt or jumper for lunchtime, Swimwear, old shorts for in the sea, towel, old trainers

Centre provide: Helmet, wetsuit, buoyancy aid, kayak, paddle

Climbing

You bring: Rucksack, Well-fitting trainers, tracksuit bottoms/long shorts/leggings (not jeans!) T-shirt/long-sleeved top, jumper, money for ice cream or drink.

Centre provide: Helmet, harness, ropes, climbing gear

Surfing

You bring: Rucksack, T-Shirt or jumper for lunchtime, Swimwear, towel, money for ice cream or drink.

Centre provide: Wetsuit, surfboard

Contacts

In emergencies during the school day then please contact the school office who will get a message to us.

Out of school hours in emergencies we can be contacted at Celtic Camping on 01348 837405.

For non-emergencies queries while we are away you can contact us via email: stdavids@lhs.hereford.sch.uk This will be checked each evening.

Updates on the trip plus any changes to the return time will be posted on the school Facebook site.