

Arthog 2025

# What will the children be doing?

- The nightline
- The nightwalk
- Canoeing or kayaking
- Climbing
- Team games
- Gorgewalking

























Arthog in winter is great fun but children must be prepared. **It can get very cold.**

- **They need to have plenty of clothes**
- When it is cold, children **need to wear layers.**
- Pack plenty of t shirts, and fleeces.
- Don't pack 2 fleeces thinking one will stay dry. Pack 4.
- Pack plastic bags for wet clothes.
- Pack spare hats and spare gloves – wet gloves will not dry there quickly enough.
- Arthog will provide good waterproof kit, good boots and rucksacks.
- Pack wellies, but if you don't have them, there are plenty there.

Do not pack:

phones

tablets

cameras

or any other electronics.



Please make sure  
your child knows how  
to put on a duvet,  
sheet and pillow slip.



**Not Arthog  
bunk beds!**

There is plenty to eat.

Breakfast and dinner will be had at Arthog.

Lunches are collected from the kitchen and either eaten at the activity or in the children's common room.

If there is a food allergy we are not aware of, or if your child will not eat certain things, please tell us before we go.





# Sweets and biscuits

Please do not feel the need to send these.

The children get plenty to eat.

If you are sending some, then a single pack is sufficient.



No sprays please.



They set off the  
smoke detectors.

Send roll ons.



Please pack a torch.



# Medical

Asthma – please pack a new reliever and their spacer in your child’s rucksack so they know where it is, and pack any steroid inhalers in their bag. (If your child has an inhaler in school they can bring this)

All medicines, including travel sickness tablets, will need a completed medical form.



For the first day,  
Children will need a  
rucksack in which they will  
have:

- a leakproof water bottle
- a packed lunch
- a coat
- a book or card game for  
the journey
- hat and gloves.
- (inhaler and spacer)

Leave their bags here to put on the  
coach.

