Arthog 2026

Overview of session:

Arthog's advice

Kit lists

Medical info

Map of location

Suggested activities

Previous experiences

Q&A

Top Tips for Parents/Guardians

- Involve young visitors in packing.

- Write names on as many things as possible

- Do not bring electronics, jewellery and fashion clothes.

- Bring a single bottom sheet, duvet cover and pillowcase.

- Practice fitting a duvet cover before arriving!

- Casual, warm clothes are most useful. If clothes get wet they can be dried in the drying room. (We encourage youngsters to reuse dried worn clothes!)

- Pocket Money - No more than £10

Avoid bringing:

- Jeans – they are not suitable for activities – they keep wet, and make you colder
- Sleeping bags,
- Aerosol deodorants or other sprays. Roll-on and stick deodorants are fine.

Arthog will provide:

1. Waterproof jacket
2. Waterproof over-trousers
3. Walking boots
4. Rucksack

Arthog Kit List

NAME:	Tick
Bottom sheet, duvet cover & pillowcase	
4-6 vests/t shirts	
3-5 sweatshirt/jumpers/fleece tops	
4-5 sets underwear	
3-5 joggers/trousers	
Socks –at least 6-8 pairs of which 3 pairs are thick	
Warm hat / balaclava (*Cold months)*	
Gloves	
2 pairs shoes/trainers	
Wellies	
Pyjamas & slippers	
Swim wear (April-September)	
Towel/soap/shampoo	
Toothbrush/toothpaste	
Small metal thermos flask (in Winter)	
Plastic drinks bottle	
2 plastic carrier bags	
Sun hat	
USEFUL EXTRAS	
Sun Cream,	
Insect Repellent	
Lip Salve,	
Torch	
Plasters	
Stamps for postcards	

ist so that things can be ticked off as they are packed into your

dians

so they learn how to pack and can see what they are

possible – we get lots of things left behind each week.

layers, computer games, jewellery and fashion

er and pillowcase.

g!

es get wet they can be dried in the drying

d worn clothes!)

don't bring too much.

keep wet, and make you colder

tick deodorants are fine.

Medical Forms

You will need to complete a medical form and have a prescription for any medication.

e.g Antihistamines, inhalers, eczema cream, anti-sickness tablets.

Activities for the week may include:



Climb and Scramble
Team building activities
Raft Building
Orienteering
Gorge Walk
Canoeing
Photo Search
Night Line
Hill Walking
Conservation tasks
Night Walk
Beach Walk







Dorms


Arthog Outdoor Education Centre Room Plan
LIBRARY
DINING ROOM
STAFF ROOM
LAB
LOUNGE
COURTYARD
ANNEX DINING ROOM
RECEPTION
INSTRUCTOR FLATS
Celyn x2
Derw x4
Bedw x4
Helyg x1
Plas x2
Castell x4
Caer x4
Bwythyn x2
Pentre x2
Tref x4
Dinas x8
Ynys x1
Porth x2
Craig x1
Crib x2
Rhayadr x4
Llyn x1
Traeth x12
Dyffryn x10
Mynydd x12
Bryn x10
Nant x10
Afon x12

Q & A