# Gold Residential FAQ's

**Which activities will I take part in?**

We provide an extensive range of outdoor activities on land, water and underground. The exact combination of activities always varies. We tailor each course for individual groups and the course will reflect the group’s aims and aspirations. Each morning, we will make a decision on how the group are developing, their preferred options and the weather. This allows us to choose the best venue for the day.

# How many activities will I take part in?

Lots! For a full day out, you will meet the activity instructors at 9.00. Head out into the mountains and valleys of the Bannau Brycheiniog, Brecon Beacons. We aim to return to the centre around 16.30 to 17.00. Through exploring the different venues, you will take part in many different activities. In the evening, we will provide more fun activities.

# How many people are in a group?

The ratio of instructor to participants is 1:10 for most activities. As much as possible we keep the same instructor with each group throughout their stay. This allows for continuity, allowing the instructor to get to know everyone in their group.

# Will I need bedding?

# Pendarren House provides duvets and pillows. You will need to bring a single sheet, duvet cover and pillowcase. These can be provided for a small laundering cost.

# Is food provided?

Yes, we provide a cooked breakfast plus cereal, toast, fruit, packed lunch and a two-course evening meal. The main evening meal, for example, could be spaghetti Bolognese, fish and chips or curry. All dietary requirements can be catered for.

# Do I need to bring any money?

At the centre we have a tuck shop where you can purchase food, drinks and souvenirs. The tuck shop will be open in the evening. Individuals will be responsible for their own money and Pendarren House will not be accountable for any loss.

# Can I bring mobile phones, computers, tablets etc.?

Yes but it is the responsibility of individuals to look after their own personal equipment. Pendarren House is not responsible for loss or damage to any personal equipment. Mobile phones cannot be taken out on activities. We have centre cameras that will are used to record your time and you can buy a USB with the photos on.

# What kit will I need to bring?

Please see the kit list for a recommended list. Pendarren House will provide all technical equipment and safety kit. We also have an extensive store of waterproofs, wetsuits, boots, and fleeces to keep students warm and dry.

**Pendarren House - Kit List**

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|  | Item | Notes |
| 1 | Bed linen: Single duvet cover  Single sheet  One pillow case | A duvet and pillow will provided.  Bed linen can be supplied by Pendarren but there will be a charge for laundering. |
| 2 | Water bottle | Ideally 1 litre |
| 3 | Warm tops – sweatshirts or jumpers x 3 | Fleece is ideal |
| 4 | Shirts or t-shirts x 4 | Some with long sleeves |
| 5 | Trousers x 3 for activities | Jogging bottoms or leggings NOT jeans |
| 6 | Underwear | Enough for the week |
| 7 | Trainers x1 | Old ones for activities |
| 8 | Trainers x 1 | For wearing indoors |
| 9 | Large towel x 1 |  |
| 10 | Swimming costume |  |
| 11 | Warm hat and gloves | Essential in winter. Mittens are warmer than fingered gloves. A scarf is optional. |
| 12 | Nightwear / pyjamas |  |
| 13 | Dressing gown and slippers | Optional |
| 14 | Wash kit | Towel, soap or shower gel, toothbrush and toothpaste |
| 15 | Thick socks x 3 pairs plus some thinner socks |  |
| 16 | Wellington boots if already owned | Can be borrowed from Pendarren for no charge |
| 17 | Walking boots if already owned | Can be borrowed from Pendarren for no charge |
| 18 | Sunscreen, insect repellent and sunhat | During late spring and summer term |
| 19 | At least one set of casual clothes for evenings | Can include jeans |
| PLEASE NOTE – OLD CLOTHES ARE MOST SUITABLE FOR PENDARREN ACTIVITIES | | |

Please note that Pendarren is equipped to provide waterproof jacket, trousers, walking boots, wellington boots, wetsuits and other specialist protective clothing as well as rucksacks.

**Things not to bring:**

* Mobile phones - generally not allowed by schools. If they are, they must not be carried by students during activity sessions.
* Chewing gum (for the same reasons it is not allowed in school)
* Anything you cannot afford to lose e.g. electronic items, phones, cameras.

**Photographs:**

A Pendarren camera will be allocated to each group and at the end of the week a USB stick of all your photos will be available to buy. Due to the environment the cameras are used in they do not last long, which is why we request participants do not bring their own. The Pendarren cameras are purchased by the Friends of Pendarren and any proceeds from the sale of USB sticks goes to them to purchase replacement cameras or more resources for visiting pupils.

**Spending money:**

Tuck Shop We recommend £10.00 to spend on souvenirs and sweets. Please send change, not notes.