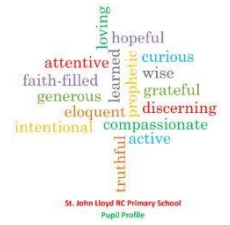




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## **Information for the Residential Trip** **Friday 26<sup>th</sup> June to Sunday 28<sup>th</sup> June 2026**

- The children need to arrive at school as normal on Friday 26<sup>th</sup> with their luggage and a packed lunch. Luggage to be taken with them to registration. They can wear their own comfortable clothes ready to start activities on arrival at Morfa Bay.
- The coach will leave the school at 9:30am PROMPT on Friday 26<sup>th</sup> June.
- **Any / all medication to be taken MUST be in a clear bag with the child's name and instructions on what medication is to be taken and at what time etc. This includes any hay fever, paracetamol and travel sickness medication. This must then be handed directly to Miss Chapman on the Friday morning to be stored correctly.**
- Please ensure to pack sun cream for your child for them to apply in the current spell of hot weather.
- As per the kit list, the children need a sleeping bag, pillow & pillow case and a single bed sheet.
- We recommend to take 3 pairs of trainers where possible: 1 for muddy assault course (ideally old ones that can be ruined); 1 for daytime activities; extra pair for evening in case daytime pair get wet. Also 2 sets of swimwear.
- Spending money – maximum £10 each. The children are responsible for their own money.
- The children can take their own snacks for the weekend if they wish. A vending machine is on site to purchase some items.
- **NO phones or electronic devices are permitted. Please leave them at home.**
- The school will notify parents by text message of the children's arrival at Morfa Bay.
- The children will leave Morfa Bay around 2pm on Sunday 28<sup>th</sup> June after their last activity. A text message will be sent to parents to confirm return time of the coach to school. This is estimated to be around 4pm.
- Photos of the children taking part in their activities will be posted to the school Twitter/X page for parents to see @SJLCARDIFF over the weekend.



## KIT LIST (Essential)

**These Items MUST be brought to  
Morfa Bay Adventure**

- One sleeping bag
- One pillow and pillowcase
- One single sheet
- Torch
- **N.B** Flip flops/sliders/sea shoes essential for sea activities (to be worn on the journey to the beach)
- One waterproof coat/hat/gloves (dependent on time of year/weather conditions)
- Two large towels
- NO WELLIES REQUIRED
- Two pairs of footwear for activities (ideally trainers) one old pair for assault course
- Underwear/socks
- Two pairs of shorts (dependant on time of year)
- Three t-shirts
- Set of old clothes for assault course including footwear
- Two - Three warm sweatshirts/jumpers
- Two - Three tracksuit bottoms (jeans not ideal)
- Toilet bag and toiletries
- Water bottle (Morfa Bay Adventure bottles available to purchase on arrival)
- One swimming costume/trunks – for sea & assault course
- Two bin liners (one for assault course clothing) and a spare for any other wet items – **ALL CLOTHING MUST BE TAKEN HOME**
- Plastic mug for hot chocolate & evening drinks (essential)
- Sun lotion (ESSENTIAL)
- Small rucksack