

Offer angnerheidiol i ymweliad Rhyd Ddu / Items required for visit to Rhyd Ddu I

- *Cap gwlan cynnes (het haul / eli haul)
- *warm woollen cap (sunhat / sunlotion)
- *Menyg cynnes ac o bosib rhai sydd yn dal dŵr
- *warm gloves
- *Siwmpwr gynnes (fleece)
- * warm jumper(fleece)
- *Sanau uchel – ddim ‘trainer socks’ i weithgareddau mynydda
- * (long thick socks)
- ***Potel blastig i ddal diod – o leiaf 1 ltr.** (Nid oes poteli ar gyfer dal diod ar gael yn y Ganolfan)
- * (plastic water bottle 1ltr)
- Mae croeso i’r plant ddod a boc bach i ddal eu pecyn bwyd / *lunch box*
- *Trowsus cerdded e.e jogging pants - DIM JEANS i’r gweithgareddau
jogging pants – NO JEANS for activities

Manion eraill:

Mae offer cerdded fel cotiau, trowsus glaw, esgidiau cerdded a sachau cefn ar gael yn y Ganolfan i bob disgybl ac athrawon.

All other items are provided by The Centre

Bydd angen trainers / sandalau a dillad glan erbyn gyda’r nôs.

Needed – trainers, sandals and clean clothes for evening wear

Bydd angen sach cysgu, clustog, dillad cysgu, offer ymolchi, llian ymolchi a sychu.

Needed – sleeping bag, nightwear, towel and washbag

Dim ffôn symudol – dim derbynfa!

No mobile phone – no signal!!