

### **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!!*

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