

Trewern 2026



Key Benefits

A residential like Trewern can...

help your children get active;

help them find their confidence;

help them to appreciate the great outdoors
and other ways of life;

and help them build their self-esteem

The Trewern Residential

What is it?

A four night/five day residential for pupils in Year 5 and 6.

When is it?

From Monday 9th to Friday 13th February

Where is it?

Trewern Outdoor Education Centre in the village of Cusop, near Hay-on-Wye

How much is it?

£285 all-inclusive, including travel, meals, rooms and equipment.

Journey to the centre

Meeting point is in the car park of Chadwell Heath station.

The group will take an Elizabeth Line train to Paddington Station where they will take GWR train to Hereford.

Once at Hereford, the group will be taken by minibus to the Trewern Centre.

On arrival at the centre

Children will set up their beds and unpack in their dorms (4 -10 pupils depending on the size of the room).

They will have a dinner on the first evening.

Their evening activity involves some games, a practise fire drill, a tour of the centre and gathering the equipment they will need for the week: wellies, walking boots, waterproofs, etc.



<https://www.youtube.com/watch?v=0hhmF2WDcag>

The Trewern Staff

All are experienced outdoor specialists in all the activities the children will participate in.

They are all first aid trained and ensure that children understand how to look after themselves and others during activities.

They encourage and support the children to develop their independence, sense of responsibility and resilience during the week.

Morning routine



7:30am

WAKE UP



7:50am

Duty group get ready to serve breakfast

8:00am



Breakfast (toast, cereal, fruit, yoghurt)



9:00am

Trewern staff meet with visiting teachers

During the Day

9:15am

Trewern staff brief young people



10:00-10:30am

Young people get kitted up



10:30am-4:30pm

On activity



4:30pm

Return to centre, put kit away



Evening



Night



First and last days are different. Often taken up with briefings/admin, fire drills, settling in/packing up time.

One evening a week, generally a Thursday is run by school staff, but will include opening the Trewern tuck shop.

Children can bring up to £12 for the tuck shop.

Essentials

FOR ACTIVITIES

The clothing below is likely to be used for most activities throughout the year. Young people are briefed every day as to what they need to wear.



A nice warm pair of socks that come up to at least mid-calf. For wearing with wellies or hiking boots.



Another pair of socks, at least to the ankle. Sport socks are ideal. We often wear 2 pairs of socks inside wellies or hiking boots.



Pants/other underwear. At least one more set than the number of days spent at Trewern. For watersports, you may want to include swimwear.



T-shirts. Long sleeved especially good in winter. Thermals/baselayers if you can. | More maybe needed for layering. Long sleeves are required for BMX sessions.



Warm jumper or ideally fleece. For nearly all of the year we wear at least one every day. For gorge walking or very cold days, we often need two. Cotton is often not warm enough.



Jogging bottoms, not jeans. Leggings are sometimes suitable and can often be layered. Shorts are not suitable for all activities (e.g. climbing/BMX).

FOOTWEAR



Trainers to use outdoors. For some of our activities, plus freetime.



Slippers/other shoes to wear indoors.

SEASONAL ITEMS

In addition to the above the following maybe necessary, depending on the season/weather. Where necessary/appropriate, many of these items can be provided by the centre.



Extra jumper/fleece. We encourage layering on colder days.



Hat/scarf/gloves.



Sun hat/sunglasses/suncream.

SHOWER BAGS

Every day, the young people are asked to prepare a shower bag in readiness for their return to the centre. This saves them from having to go to their room for these items when they may be wet/cold/dirty at the end of the day. A suitable bag is provided.

All six items are needed and extras may be asked for by the Trewern teacher on the day.



Towel



T-shirt



Jogging bottoms



Pants



Socks



Toiletries & Wash bag

OTHER ITEMS

In addition to the above, each person needs a full set of bedding (sheet, duvet cover, pillow case). If bringing a sleeping bag, please still bring bed sheet and pillow case. A coat and travelling clothes may also be useful. We actively discourage the use of mobile phones and other devices.

Duvet vs. Duvet Cover



A duvet is the **blanket inside**.



A duvet cover is the **cozy shell** that goes around it.

Contact

Children are not allowed any electronic devices, including mobile phones, at Trewern.

The accompanying staff will make daily updates through the school, which will be shared on the school website.

If there is an issue, the school will contact you directly.

Letters are going out on Monday 24th March.
The £50 deposit must be paid by 1st May to
secure your child a place.