

Carlingford Adventure Centre

Some Useful Information for Outdoor Adventurers (under 18 yrs.)

What to Bring!

- ✓ Waterproof Jacket (ESSENTIAL),
- ✓ Tracksuit Top, Fleece, Track Bottoms & Socks - at least one change per day. Jeans are not suitable. Clothes will get mucky, you may prefer to bring old clothes.
- ✓ Swimming Togs
- ✓ 2 Pairs of Runners (one old pair for Water Sports);
- ✓ 2 Plastic Bags for storage of wet gear.
- ✓ Torch (winter only);
- ✓ Personal Toiletries & Towels;
- ✓ Sun Screen (we cannot provide sunscreen due to unknown medical conditions)
- ✓ Hat (if sunny).
- ✓ *If possible* - Small Rucksack, Waterproof Trousers & Walking Boots.

There is no need to buy walking boots/waterproof trousers, if you have them bring them.

Please note: Wetsuits, Buoyancy aids & Helmets are provided for water-based activities

What Not to Bring!

- ✓ While lockers are provided free of charge for any personal items, it is strongly recommended that any valuables are left at home.

Carlingford Adventure Centre cannot accept any responsibility for any damaged or missing property.

There are no Hidden Extras!

The price of your Adventure Break includes all pre-booked meals, accommodation and activity sessions.

However, you may wish to bring pocket money for sweets, minerals, crisps etc. these are available in the Common Room.

Telephone Contact 00 353 42 9373 628

If you wish to contact your children we have a public payphone located within the Reception Area.

The contact number is 00 353 (0) 42 9373628. (The best time to call is after 9.00pm)

Rules & Regulations of the Centre

- ◆ Appropriate clothing and footwear should be worn. (See list above)
- ◆ Absolutely no jewellery to be worn when on session.
- ◆ When out on adventure sessions- please keep to roads, paths and tracks at all times.
- ◆ Respect the environment; look after plants and animals.
- ◆ Listen to what the Instructors say and follow their instructions at all times – it is for your own safety.
- ◆ Behaviour should not be excessive, noisy or disruptive especially at night.
- ◆ Participants (under 18yrs.) are not allowed outside the Centre on their own. If they wish to visit the local shops during the day they must arrange for a Group Leader to accompany them.
- ◆ Smoking, alcohol or unlawful substances are not permitted in the Centre.
- ◆ Fire extinguishers and other safety equipment are essential safety items and must only be activated in an emergency or in the event of fire. €20.00 (p.p. per room) - is charged for tampering with Fire Alarm System/Smoke detectors.
- ◆ Please use the Centre and its contents with care.
- ◆ We reserve the right to charge you for any extra cleaning, maintenance, missing or damaged items.

Residential Groups: Baggage rooms are available to store your luggage. Bedrooms should be left in a clean and tidy condition, and be vacated by 10.00am on day of departure. Baggage rooms are available to store your luggage.